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YOUTH AND EXPERTS REVEAL WHAT'S REALLY NEEDED TO SUCCEED IN TODAY'S ECONOMY PAGE 12-13

OTTAWA metro®

WEEKEND, March 1-3, 2013

News worth sharing.

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Snow idled 200 OC buses

When it snows, it pours. OC Transpo boss says data not available due to GPS failure

ALEX BOUTILIER
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More than 200 buses were stuck or delayed due to Wednesday's massive snow dump, according to OC Transpo general manager John Manconi.

Some of the buses were actually stuck in the snow and slush, while others were merely stalled behind stuck buses, Manconi told reporters Thursday afternoon.

Not that the cause was any comfort to transit users facing delays of over an hour on the commute home.

Collisions

21

Over the course of Wednesday, OC Transpo buses were involved in 21 collisions, with four buses suffering minor damage.

"We're very sensitive to how we affected our customers. Tough challenge for everyone," said Manconi.

"It was a challenge for all commuters. We had delays that we do apologize for, we will learn from this. Very significant and challenging day."

An exact picture of how OC Transpo performed in Wednesday's storm is unavailable, however, due to a failure of the GPS system for tracking buses.

That failure caused further headaches for customers trying to determine how long their bus was delayed.

Manconi said the GPS system crashed after a contractor cut a line feeding into the system.

"A contractor ... working outside cut the cable, and that terminated the service," Manconi said.

"There is a redundancy system that was supposed to be in place and kick in — it did not kick in. Our corporate IT folks are looking at that, because they manage that system, and they're looking at how that can be avoided in the future."

Neither Manconi nor transportation committee chair Diane Deans could say what the contractor was working on at the time.

Buses queue at a traffic light on Thursday night. OC Transpo officials say individual buses getting stuck on Wednesday night meant those behind also couldn't move. SEAN MCKIBBON/METRO

'They gave me my life back'

A 24-year-old Ottawa diving coach who received a new heart is saying a small thank you by promoting the Heart Institute's telethon PAGE 2

Start Nutrition Month with some colour

March is devoted to healthy eating, so whip up some Mediterranean roasted beef and veggies PAGE 23

Larissa Taylor, 24, is among a group of patients who will promote the 22nd University of Ottawa Heart Institute telethon in a video broadcast on Sunday. After a congestive-heart-failure diagnosis that seemed to have come out of nowhere, Taylor needed a transplant. JOE LOFARO/METRO

YOLO — but a second chance is possible

Fundraiser. Ottawa diving coach who received a new heart at 20 is promoting the Heart Institute telethon

JOE LOFARO
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A 24-year-old Ottawa woman who got the best birthday present ever — a new heart on her 20th birthday — is giving back to the University of Ottawa Heart Institute (UOHI) this year to say a small thank you.

Larissa Taylor will join other patients who are sharing their stories through a series of video interviews that will be broadcast during the 2013 University of Ottawa Heart Institute Telethon on Sunday.

In 2007, Taylor, a competitive diving coach at the Nepean Ottawa Diving Club, thought she was invincible, given how healthy she felt. Then a congestive-heart-failure diagnosis seemed to have come out of nowhere.

"I could rollerblade and smoke a cigarette at the same time," the bubbly woman joked Thursday after a pre-screening event at the UOHI. "I never would have thought it would happen to me."

When she couldn't walk up the stairs or to her bus stop, she knew something was wrong. So she was admitted to the hospital and was put in a medically induced coma over Christmas.

Her operation in April was a success and now she lives a happy, healthy life.

"They gave me my life back. They're great here. Everybody's just so caring, so loving, make you feel at home," said Taylor.

What motivated her to do the promotional video for Sunday was to remind young people that they aren't as invincible as they might think they are.

"People my age and younger — early 20s, late teenagers — they think that nothing is going to happen to them ever and that's not true," she said. "I always want to be there for them as a young advocate, let's say."

The annual telethon provides a chance for the community to donate whatever money they can to the world-class institute and to celebrate its accomplishments.

One of those is a glowing 98 per cent patient-satisfaction rate in the 2012 NRC Picker Canada report. The institute is also ranked in the top two per cent of the best research institutions worldwide.

But that doesn't mean there's no room for improvement.

"It is much harder to stay on top than to get there," said Dr. Robert Roberts, president and CEO of the UOHI. "We have to work much harder to stay there."

Not too heart to beat

Last year's telethon raised $6.1 million.

- The 22nd Heart Institute Telethon airs Sunday from 9 a.m. to 7 p.m. on CTV.

Kanata

Teacher won't teach again after sex allegations

An Ottawa Catholic schoolteacher has agreed to never teach again after allegations he had sex with a female student from a Kanata school.

Mitchell Khalil Thomas was facing disciplinary action from the Ontario College of Teachers in relation to allegations of a sexual relationship with a female student stemming from June to November 2010.

A college spokesman said the matter has been withdrawn after Thomas agreed to never teach again and a notation to that effect was entered in the college's register. The college would not comment further on the matter.

According to a notice of hearing from the college, Thomas stood accused of having a "sexual relationship" with the student. ALEX BOUTILIER/METRO

University of Ottawa

Arts buildings vandalized

Vandals targeting two University of Ottawa arts buildings have caused about $200,000 in damages over the past month and police have been called in to investigate.

Bathrooms were deliberately flooded four times and three fires were set at the university's Arts Building and Simard Hall, which houses the university's departments of geography and lettres françaises. On Feb. 18 a bookcase was set ablaze in a stairwell, but firefighters were able to douse it.

Since then, four bathrooms have been flooded. A chair was set on fire in an emergency-exit stairwell on the same day a roll of toilet paper was burned in a bathroom. ALEX BOUTILIER/METRO

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Devoted son reaches finish line to Bury Cancer for good

Provincial trek. Arduous fundraising stunt raised tens of thousands of dollars

GRAHAM LANKTREE
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When Mike Duhacek arrived in Ottawa by foot Thursday after leaving Windsor Feb. 4, he made for the Canadian Cancer Society's offices to literally bury the name of the disease that has plagued his family and spurred on his journey.

Since heading out, pulling a 125-pound sled during what Duhacek, 36, calls "the worst weather month," his Bury Cancer initiative has raised more than $35,600 for cancer research.

The journey has been both physically and mentally exhausting, but "if there's one person I can inspire by doing this, then it was worth it," he said as he finished his journey.

Waiting for him were friends and family and a fresh hole in the ground in front of the cancer society's office sign, where he laid to rest the heavy wooden blocks that spell out the disease's name. The blocks had been pulled on the sled for 900 kilometres.

In 2008 and 2010 Duhacek lost two of his grandparents to the disease, but the biggest blow came when his mother, Liz Crocket, was diagnosed with Stage 3 cancer in the spring of 2010.

"I wanted to drag cancer through the worst weather to show it no mercy," he said, "to show it suffering and kind of take my frustrations out on it."

Like the journey of anyone diagnosed with the disease, Duhacek's trek, taken 30 to 50 kilometres at a time, has been arduous. He braved several snowstorms that swept across eastern Ontario throughout February.

Duhacek's mother, who underwent cancer treatment and is now recovering, met him as he finished his journey and hugged him.

"It's an overwhelming feeling that my son has done this and dedicated it to me and all cancer patients and his grandparents," said Crocket. "It's just a wonderful thing he's done."

Mike Duhacek arrives at the Canadian Cancer Society's Ottawa offices pulling the 125-pound burden he dragged 900 kilometres across eastern Ontario to raise money for cancer research. GRAHAM LANKTREE/METRO

Jobs get the axe at national gallery, Bruyère centre

The National Gallery of Canada FRED CHARTRAND/THE CANADIAN PRESS

Despite having its best arts exhibit in 14 years, the National Gallery of Canada said Thursday it had to cut 29 jobs to save money ahead of a "serious" budget shortfall in the next fiscal year.

Marc Mayer, director and CEO of the gallery, said 21 workers were laid off and two staffers are retiring. Another six vacant slots are being chopped.

Six of the laidoff workers were librarians. Other affected employees were in the IT, communications and protection-services departments.

The gallery is faced with a $2.5-million shortfall.

The head of the gallery said the cuts will not affect public services.

The gallery also announced that it is creating seven new positions immediately in development and visitor engagement to bring in new revenue.

Meanwhile, a union representing 800 frontline workers at Bruyère Continuing Care in Ottawa said Thursday that "substantial" job cuts are coming, which will result in lower-quality care for families.

Brian Grant, president of CUPE Local 4540, said the health-care centre plans to eventually eliminate the Personal Care Attendants (PCAs) at Saint-Vincent Hospital.

Also on the chopping block, he said, are geriatric rehab beds, stroke rehab beds and palliative-care beds. Details of how many workers will be affected are expected over the next several weeks.

The union said Bruyère cited a $4.2-million deficit when it outlined proposed cuts.

"These patients deserve the best-quality care money can give them and I'd like to keep that level where it is right now," said Grant. "I don't want it to decrease."

JOE LOFARO/METRO

Online

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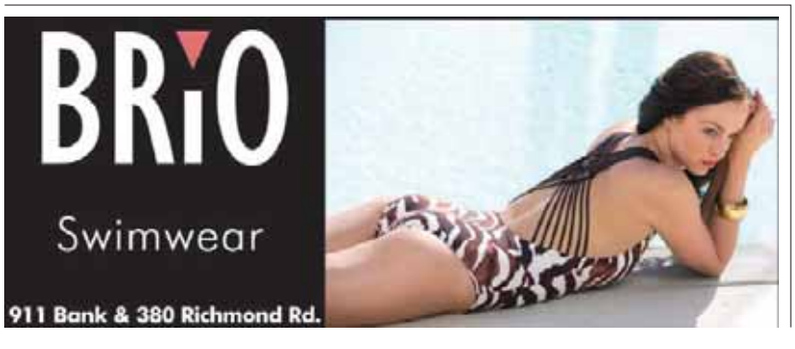

Call in with tips

Missing girl sought

The Ottawa Police Service wants help finding a missing 12-year-old girl.

Trinity Payash was last seen in the 400 block of Albert Street in downtown Ottawa at about 2:30 p.m. Thursday.

She's described as aboriginal, with long black hair and brown eyes. Payash is five-feet tall and of medium build.

Trinity Payash
POLICE HANDOUT

Police say she looks older than her age and may be mistaken for a 15-to 17-year-old.

Payash was last seen wearing a waist-length red tweed coat with buttons down the front and a belt, grey leggings, and multi-coloured socks.

Anyone with information should call 613-236-1222, ext. 2912, or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

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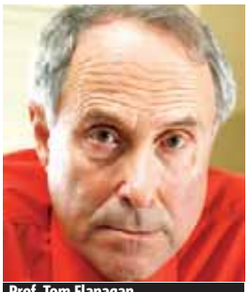
Apology. Former Harper spin doctor backtracks on child-pornography stance



Prof. Tom Flanagan
LARRY MACDOUGAL/THE CANADIAN PRESS

Former Stephen Harper strategist Tom Flanagan is reportedly apologizing to anyone offended by his suggestion that people who view child pornography should not be jailed.

In a statement attributed to Flanagan and posted on the CBC website, the frequent panellist on the network said he absolutely condemns child sex abuse and he chose his words poorly while discussing the matter in Lethbridge, Alta., on Wednesday evening.

"In an academic setting, I raised a theoretical question about how far criminalization should extend toward the consumption of pornography," reads the statement posted on the blog of Kady O'Malley, also often a panellist on the News Network show "Power and Politics."

"My words were badly chosen, and in the resulting uproar I was not able to express my abhorrence of child pornography and the sexual abuse of children. I apologize unreservedly to all who were offended by my statement, and most especially to victims of sexual abuse and their families."

Flanagan, who is a professor at the University of Calgary, was giving a lecture on the Indian Act at the University of Lethbridge, hosted by the Southern Alberta Council on Public Affairs.

In a statement, CBC editor-in-chief Jennifer McGuire said the broadcaster is ending its association with Flanagan. The University of Calgary distanced itself from him.

Flanagan's connections to Harper go back to Reform party days and he twice served as Harper's leadership-campaign director and also ran the 2004 federal Conservative election campaign. THE CANADIAN PRESS

Obama to push Supreme Court on same-sex ruling

Report. U.S. President hopes non-binding brief will help overturn 'discriminatory' laws.

Protesters hold signs at a same-sex-marriage rally Oct. 15, 2007, in San Francisco. On Thursday, sources said that the Obama administration is poised to push the Supreme Court to rule against states that ban same-sex marriage. JUSTIN SULLIVN/GETTY IMAGES

The Obama administration will ask the U.S. Supreme Court nine justices to overturn the state of California's ban on gay marriage and take a skeptical view of similar bans elsewhere, according to a person familiar with the government's legal filing in the California case.

While the administration's friend-of-the-court brief in the California case does not call for marriage equality across the United States, it does point the court in that direction.

A Supreme Court ruling in line with the administration's argument could have broad implications and almost certainly expand the rights of same-sex couples to wed.

The administration's non-binding brief contends that denying gays and lesbians the right to marry violates the U.S. Constitution's equal-protection clause. The document urges the justices to give extra rigorous review to any law that discriminates on the basis of sexual orientation.

The person familiar with the brief spoke on anonymity in order to discuss the document before it was filed. The brief marks President Barack Obama's most expansive view of the legal rights of gays and lesbians to marry. He announced his personal support for gay marriage last year and has said marriage should be governed by states.

Obama, raised expectations that he would back a broad brief during his inauguration address on Jan. 21. He said the nation's journey "is not complete until our gay brothers and sisters are treated like anyone else under the law."

The Proposition 8 ballot initiative was approved by California voters in 2008 in response to a state Supreme Court decision that had allowed gay marriage. Twenty-nine other states have constitutional amendments banning gay marriage; nine states and the Washington federal district recognize same-sex marriage.
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South Africa. Watchdog group to probe death of man dragged by police van

A still shot of South African police dragging Mido Marcia behind a van on Tuesday. Macia was later found dead in his cell.
THE DAILY SUN/THE ASSOCIATED PRESS

They bound his hands to the rear of a van, and then sped off, dragging the slender taxi driver along the pavement as a crowd of onlookers shouted in dismay. The man was later found dead.

A video of the scene is all the more disturbing because the men who abused the Mozambican immigrant were uniformed South African police officers and the van was a marked police vehicle.

The graphic scenes of the victim struggling for his life shocked a nation accustomed to reports of police violence.

"The visuals of the incident are horrific, disturbing and unacceptable. No human being should be treated in that manner," said South African President Jacob Zuma.

The Daily Sun, a South African newspaper, posted the video footage Thursday sparking immediate outrage.

Some of those in the crowd who watched the scene unfold in the Daveyton township east of Johannesburg shouted at the police and warned that it was being videotaped.

The police did not seem at all concerned by all the witnesses and the presence of cameras as they tied Mido Macia, a 27-year-old from neighbouring Mozambique, to the back of a police vehicle, his hands behind his head. At least three policemen participated in the incident. Macia was found dead in a Daveyton police cell late Tuesday.

A murder probe is underway on the evidence that Macia suffered head and upper abdomen injuries, including internal bleeding, the Independent Police Investigative Directorate, the police watchdog agency, said Thursday.

The injuries could be from the dragging and he could also have been beaten later in police custody.
THE ASSOCIATED PRESS

New York

Ghastly turn in cannibalism case

The cannibalism case against a police officer took another macabre turn on Thursday when an FBI agent testified that a New York Police Department supervisor was among the women the officer considered a potential target for a kidnap and torture.

The testimony came amid a report that a man considered a co-conspirator of Officer Gilberto Valle — identified in the U.S. case by the online name "Moody Blues" — had been detained on separate charges in Great Britain.
THE ASSOCIATED PRESS

Rio de Janeiro

U.S. government worker found dead in hotel

A vacationing employee of the U.S. Department of State was found strangled in a Rio de Janeiro hotel, police said Thursday.

Police identified the victim as 38-year-old Victoria Tcaciuc and said she was killed Feb. 20.

Police also announced they have arrested a suspect in the case.
THE ASSOCIATED PRESS

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Benedict XVI promises obedience to new p ope

Young priests in Rome wave to the helicopter taking Pope Benedict XVI from the Vatican to Castel Gandolfo. THE ASSOCIATED PRESS/ANGELO CARCONI

Vatican. Benedict greeted the faithful Thursday, saying he's beginning the final stage of his life as 'simply a pilgrim'

Benedict XVI became the first pope in 600 years to resign Thursday, ending an eight-year pontificate shaped by struggles to move the church past sex-abuse scandals and to reawaken Christianity in an indifferent world.

As bells tolled, the Swiss Guard standing at attention in the papal retreat of Castel Gandolfo shut the doors of the palazzo shortly after 8 p.m. local time on Thursday, symbolically closing out a papacy whose legacy will be most marked by the way it ended — a resignation.

In a changing of the guard, the Swiss Guards in their yellow-and-blue striped uniforms handed over responsibility of protecting the 85-year-old Benedict to Vatican police as some of the faithful outside shouted "Viva il papa!"

The pope's journey into retirement began with an emotional sendoff from the Vatican, Swiss Guards in full regalia and prelates kneeling to kiss Benedict's ring.

THE ASSOCIATED PRESS

'Viva il papa!': Crowd

Benedict waves goodbye. AP

On Thursday Benedict told his cardinals, "Among you is ... the future pope, whom I today promise my unconditional reverence and obedience."

- "May the College of Cardinals work like an orchestra ... toward a higher and harmonious agreement," he said.

'Sweet Sistine'. Could a cardinal from Africa be the next pope?

Now that Pope Benedict XVI has officially stepped down, speculation about who will be the next to wear the shoes of the fisherman is ramping up.

A number of front-runners have emerged, including Canada's own Marc Cardinal Ouellet, as well as Italy's Angelo Scola. However, based on Google searches in the past 30 days, people on the Internet seem to be showing interest in a candidate from the developing world.

Searches for Ghana's Peter Cardinal Turkson spiked following Benedict's resignation, and he is still enjoying a small lead over the competition.

Ouellet is sitting in third, only slightly behind Scola.

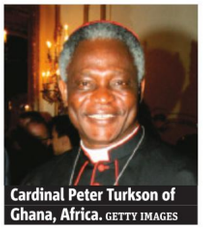
Search volume for the "Sweet Sistine" is highest in Poland, home to Pope John Paul II.

Italy and Mexico round out the top three.

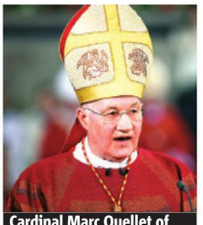
The cardinals will convene a conclave in the coming weeks and it's expected the world's 1.2 billion Catholics will have a new pope by Easter.

LUKE SIMCOE/METRO ONLINE

Cardinal Angelo Scola of Italy. GETTY IMAGES



Cardinal Peter Turkson of Ghana, Africa. GETTY IMAGES



Cardinal Marc Ouellet of Quebec. GETTY IMAGES

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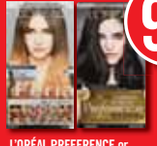

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SHOPPERS DRUG MART®

Afghanistan. Roadside bomb kills nine people, mostly border police

A roadside bomb killed nine people, mostly border policemen Thursday in Afghanistan where militants continue to target government security forces taking over from withdrawing international troops.

No one claimed responsibility for the bombing, but the Taliban and other insurgents have stepped up attacks against Afghan policemen and soldiers in a bid to undermine the Western-backed government. Afghans are increasingly taking the lead in operations as U.S. and other foreign combat forces prepare to withdraw by the end of 2014.

The afternoon blast occurred in Dangam district of Kunar province, near Afghanistan's eastern border with Pakistan, according to a spokesman for the provincial government.

Seven border policemen and two civilians were killed, and two women were wounded in the attack.

THE ASSOCIATED PRESS

Local forces ready?

President Hamid Karzai insists his forces are ready to take control of the country's security and has pushed for a faster handover by the international forces.

- On Thursday, he demanded control of clandestine Afghan armed groups that are linked to U.S.-led forces amid complaints of abuses by the units.
- His office ordered a delegation to identify all armed units that work with coalition forces and operate independently from the Afghan government. It gave international forces three months to hand them over.
- A presidential spokesman said the order does not refer to the Afghan Local Police, defence units overseen by the government.

Rare victory for Serbs at Yugoslav war-crimes tribunal

UN appeals judges. Milosevic ally Gen. Momcilo Perisic acquitted after being convicted and sentenced to 27 years

Gen. Momcilo Perisic, the former chief of staff of the Yugoslav national army, talks to his lawyer prior to his appeal judgment. THE ASSOCIATED PRESS

In a stunning reversal, UN appeals judges on Thursday acquitted the former chief of the Yugoslav National Army of aiding and abetting atrocities by rebel Serbs, including the Srebrenica massacre, by providing them with military aid during the Balkan wars.

Gen. Momcilo Perisic, a former close ally of ex-Yugoslav President Slobodan Milosevic, had been sentenced to 27 years in 2011 after being convicted of crimes including murder, inhumane acts and persecution. The judges ordered him freed immediately.

The judgment is a rare victory for Serbs at the Yugoslav war-crimes tribunal, where most of the convicted suspects have been rebel Serbs in Bosnia and Croatia. It also supported Belgrade's often-stated assertion that it did not deliberately assist in Bosnian Serb atrocities and underscores how hard it is for international courts to prosecute senior officials who are seen as pulling the strings but not acting directly.

Milosevic died of a heart attack in his cell in 2006 before a verdict.

THE ASSOCIATED PRESS

Yemen

Kidnapped Swiss researcher free

A Swiss researcher kidnapped almost a year ago in Yemen was released in good health and flown to Qatar, whose government helped negotiate her release, authorities said Thursday.

The woman, identified by Swiss authorities in Qatar as Sylvia Abrahat, 35, made no comment to reporters as she arrived late Wednesday at the VIP section of Doha International Airport. Her response to journalists' questions was simply "no, no."

She was seized March 13, 2012, in the port city of Hodeida, where she worked as a researcher at an institute.

The Swiss foreign ministry said that she had been freed Wednesday.

THE ASSOCIATED PRESS

Researcher Sylvia Abrahat. AP

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Turning left? If you haven't already, drop that phone

Drivers, beware. Trying to juggle a left turn while talking on the phone may be the most dangerous thing you can do behind the wheel

Drivers who talk on a cellphone (even one that's hands-free) while executing a left-hand turn at an intersection could be putting themselves at serious risk, say neuroscientists who imaged the brain to see how it copes with competing tasks.

Making a left turn and chatting on the phone at the same time "could be the most dangerous thing they ever do on the road," said Tom Schweizer, director of neuroscience research at St. Michael's Hospital in Toronto.

Schweizer and his research team wanted to see how the brain deals with the often complex task of making a left turn at a busy intersection (where most serious traffic accidents occur) when coupled with a common distraction like conversing by cellphone.

The team set up a driving simulator, which includes a steering wheel, brake and accelerator pedals, and a simulated traffic scenario on a monitor inside a functional MRI. The high-tech machine captures real-time images of the brain while a person performs a task or reacts to stimuli. Sixteen participants (seven females and nine males), aged 20 to 30, who had been driving an average of seven years, were put through simulated driving tests while in the MRI. For consistency in the study, all were right-handed.

As a subject performed the various tasks, researchers watched another screen showing what areas of their brain were activated.

Quoted

"What was really striking, though, was how much of the visual cortex started to shut down. It was almost a 50 per cent drop."

Tom Schweizer, director of neuroscience research at St. Michael's Hospital in Toronto
On how your brain reacts to making a left-hand turn while talking on the phone.

"What you see when they're doing a left-hand turn at a busy intersection, the entire brain lights up, which is far different from what brain areas are used when just doing straight driving or making a right-hand turn," he said. "You have to look at oncoming traffic, pedestrians and lights, and coordinate all that," he said. "It requires a significant amount of co-ordinated brain areas to pull that off."

The researchers then added a distraction, in this case by asking true-false questions that were stand-ins for talking on a hands-free cellphone.

One question: A triangle has four sides. True or false?

Schweizer said simultaneously trying to juggle a left turn and a verbal distraction (even a passenger speaking or a radio talk show) could make the traffic move that much more risky.

"I think it's still fairly dangerous to still be talking on a hands-free device, even though there's some thinking that it's so much better for us and will lead to far fewer accidents," than holding a phone to the ear, he said. THE CANADIAN PRESS

A man works his phone as he drives through traffic in Dallas on Tuesday.
LM OTERO/THE CANADIAN PRESS

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A tale of two job prospects

New grads.
Good timing versus the ticking clock: Two grads tell of their success and challenges in a hostile job market

JOE LOFARO
joe.lofaro@metronews.ca

Chris Meelker, 26, says luck was on his side. CONTRIBUTED

For Chris Meelker, finding work after graduating from Confederation College's Aerospace Manufacturing Engineering Technology program in 2011 was relatively easy.

After all, he had a job waiting for him at Bombardier — the largest aerospace company in Canada — before he took off his mortarboard.

The 26-year-old methods analyst said there were a few factors that led him to where he is today.

For one, he dropped out of Carleton University's engineering program in Ottawa.

"It was not what I thought it was going to be, and I could see that with the number of people there, the competition was going to be fierce," he told Metro in a phone interview from Montreal, where he works.

The program was a little too theoretical, he said, so he applied to Confederation College in Thunder Bay. In his last year, a member of Bombardier interviewed his graduating class for positions at the company.

He, along with four other graduates, passed and started work after just one month.

Not bad for someone who, at the time, was 24 and fresh out of college. He admits, though, that luck was on his side.

"I think it was really a case of timing," said Meelker. "Bombardier was working on a new program that they were hiring for, and we were graduating at the right time."

With no student debt — he worked during school and the summers — he is now saving his money to buy a new house.

When asked why some youth are struggling to find work these days, he, like most, couldn't give a clear answer.

However, he said it may be related to simple numbers.

"When you have a … class of 400 to 500 people at every major school in Canada, and you think that every year they're pumping out thousands of engineering grads — how can there be demand for that sort of thing?" he said.

One of the lost

"I want to start a family.... Going back to school is counter-productive to that aim."
Aldin Basic, educated but unemployed

Aldin Basic, 26, has two degrees and no job. CONTRIBUTED

You can count Aldin Basic as one of the lost — the host of Canadian 20-somethings with a university degree that struggle to find work in their field.

In fact, Basic has two degrees — one in biochemistry and one in psychology from the University of Ottawa. He got the latter in October 2012.

But for the past four months, the 26-year-old hasn't been able to get his foot in the door. He wants to get into pharmaceutical or biomedical sales.

"Something where I can use both my theoretical knowledge and technical skills from science with communication skills that I've obtained from psychology and business," said Basic in an interview with Metro in Ottawa.

After fruitlessly sending out more than 200 job applications to various places since last May, he decided a couple of months ago to try a different approach — investing considerable time in researching positions and developing contacts within a desired company before applying.

"I heard a statistic that says only 20 per cent of jobs are actually advertised on job search engines," said Basic. "So in order to increase your hit rate, you have to somehow become part of that inner circle. And when you're a recent graduate that has no real experience within the field you're trying to get into, getting into that inner circle is very difficult."

Part of the problem, he said, is that baby boomers are staying at their jobs longer while more grads are coming out of university looking for work.

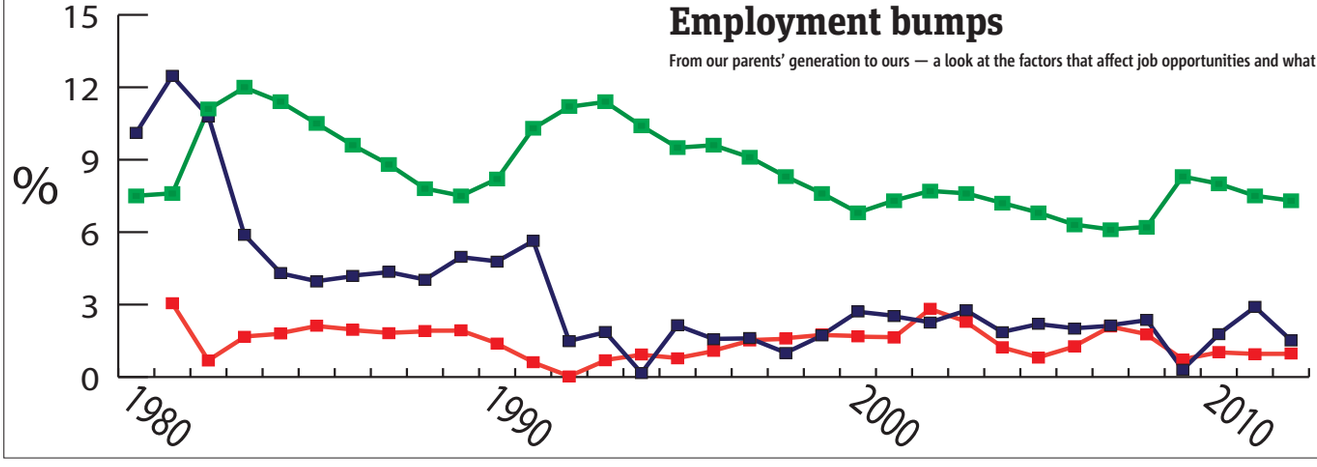
He said other stalled graduates he knows have either gone to graduate school or have gone to study other degrees. But for him, those are no longer options.

The clock is ticking. He gave himself a March 7 deadline — his 27th birthday — to find work. After that, he said he will broaden his job search outside of Ottawa.

"I want to start a family. I want to start helping my parents out at home. I want to start living a life right now," he said. "Going back to school is counterproductive to that aim."

Employment bumps

From our parents' generation to ours — a look at the factors that affect job opportunities and what you can do with your paycheque.



This ain't our parents' economy

ALEX BOUTILIER
alex.boutilier@metronews.ca

When my parents were 26 and freshly out of university, they were expecting their first child and building their own house on land they owned.

Many in my generation are having a slightly … different experience as we transition into our post-undergraduate life. And we're more likely to have a harder time getting started on the next chapter.

True, unemployment among younger workers is much lower than it was after the recessions of the 1980s and 1990s. A recent study from the Certified General Accountants Association of Canada found that unemployment among younger workers between the ages of 25 and 29 was 7.8 per cent in 2011 — paling in comparison to the early '80s (12.9 per cent) and '90s (13 per cent).

At the same time, however, the barriers facing young people in getting a post-secondary education are increasing. In Ontario, tuition increased 200 per cent between 1991 and 2007, according to the Communities Foundation of Canada. Ditto for Nova Scotia — where my parents built that house — and Alberta.

Out of the loop

80%

Most businesses want to hire grads at the beginning of the final year of post-secondary education. They recruit right out of school, but 80 per cent of students don't know this, TalentEgg says.

But a bachelor's degree, we were often told, was the new high school diploma, so off we went. And then, as my colleagues of the class of 2009 emerged bleary-eyed from the Groves of Academe, we found ourselves in the height of the recession. The economics majors explained to the rest of us why that was bad.

Struggling to pay off student debt in a tough job market certainly makes it more difficult to pursue those adult goals, such as owning a home or not eating rice every meal.

But don't despair, soon-to-be-recent graduates. There are still many paths — they may just be a little more winding.

"What is key is for students to get into the job market while they are in university," explains David Lewis Rodas-Wright, the University of Ottawa's employer-relations co-ordinator.

Rodas-White points to volunteerism, employer co-ops and internships — which my friends in journalism know all too well — to build up skills prior to graduation.

There is no doubt that there's a wall waiting at the end of graduation. But it's not necessarily taller than those previous generations faced. It's just different — like the ways over it.

Does TV lie to you? Experts put six celeb job paths to the test

Who: Betty Suarez
Path: Co-op
Perception: This is a backstage pass into the labour force

"Nowadays a co-op is the best way to make connections and develop enough experience to get a job right out of school."

Lauren Friese
Founder, TalentEgg, an online job-search tool for students and new grads

Who: Hannah of Girls
Path: Internship
Perception: You will be exploited for free labour

"There isn't necessarily a job at the end of the tunnel, but it can be a positive thing."

Lauren Friese

Who: Don Draper of Mad Men
Path: Straight job
Perception: There are no jobs

"Generation Y doesn't want to work their way up. They think they deserve meaningful jobs."

Lauren Friese

Who: Gordon Ramsey of Hell's Kitchen
Path: Entrepreneur
Perception: Most businesses fail in the first three years

"I see it as taking on a mortgage versus renting. Taking on a mortgage is a lot more risk but at the end of the day, it's yours."

Megan Summers
Founder, DinnerPlate, a catering logistics company

Who: Mike Holmes of Holmes on Homes
Path: Entrepreneur
Perception: It's dirty work

"We're looking at shortages of trades people because over the last couple of decades we've told students to go and get tech jobs."

Ingrid Argyle
Project manager
Ottawa Integrated Local Labour Market

Who: Sheldon from the Big Bang Theory
Path: Forever student
Perception: You will be over-educated and underemployed

"In university life, the job is to study and perform. The problem is they don't have a chance to get out and connect with people in the labour market."

David Lewis Rodas-Wright
Spokesperson, employer relations at University of Ottawa

METRO

Youth on the chopping block

STEVE COLLINS
For Metro

If you're young and out of work, you may feel the deck's stacked against you — and some of the numbers agree.

"(Youth unemployment) tends to hover at about twice the national rate," said BMO senior economist Sal Guatieri, who notes it peaked at 16.4 per cent during the recent economic downturn. For those 25 and over, it peaked at 7.3 per cent.

Worse, according to a study by the Community Foundations of Canada, youth aged 15 to 24, who make up 16 per cent of the work force, accounted for 50 per cent of the recession's job losses.

"It's last in, first out for those with the least experience or seniority," Guatieri said.

The good news, he offered, is that while youth employment took the biggest hit when the job market tightened, it's also on a faster rebound.

"The youth unemployment rate has fallen twice as fast as the adult unemployment rate since peaking," he said. "It's just that it, of course, peaked at a much higher level."

He advises young people to "be patient and get as much education and training for the type of jobs that are in demand today: the high-tech positions, the professional services, those kind of jobs." Then wait for the economic picture to improve.

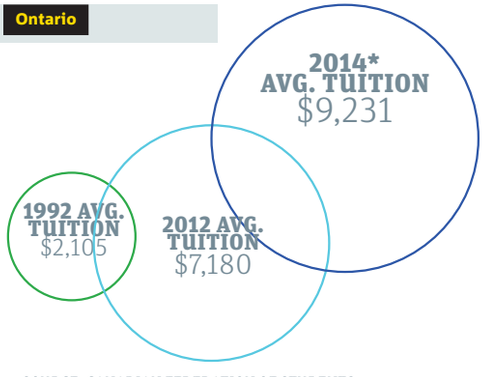
Job cuts

"It's last in, first out for those with the least experience or seniority."
Sal Guatieri, BMO senior economist

"We really are dependant on the American consumer to pick up their socks and spend a little faster before Canadian exports recover and our economy strengthens," he said.

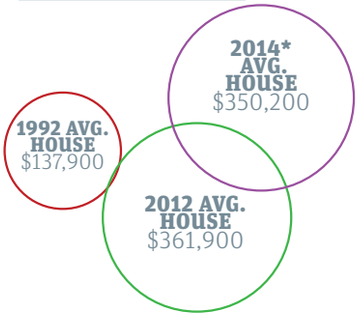
"We see that scenario unfolding later this year and into next year, so it may just be a matter of time before the youth unemployment rate falls more significantly."

Ontario

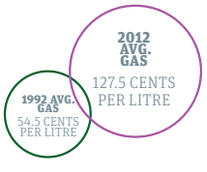


SOURCE: CANADIAN FEDERATION OF STUDENTS

Canada



SOURCE: RBC



*PROJECTED
SOURCE: KENT MARKETING SERVICES

As students embark on post-secondary education, they are met with increasingly high levels of tuition. That, coupled with the increasing cost of living, and a daunting job market, can make expectations that much more unmanageable. METRO

Exclusively online

Head online to metronews.ca for interviews with experts who tackle the pressing questions:

Talent recruiter Stefan Danis helps youth cut through today's tough jobs market

- Is it really harder for today's grads to get jobs?
- How long is a good resumé?
- What's the biggest job seeking mistake?

Youth job market's 10-year outlook is a storm for students, says expert

- How is the "go to school, get a degree, get a good job" career path working today?
- Is it time to redefine how we measure success?
- If we can't find jobs, should we become entrepreneurs?

Young entrepreneurs encourage those struggling to set up small businesses

- Is it best to get startup funding from the Canadian government?
- What role does starting capital play in beginning a business?
- What advice would you give an aspiring business major?

ADVERTORIAL

CAREFOR HEALTH AND COMMUNITY SERVICES

Tall and proud, an always-dapper elderly client was moved to tears recently when a Carefor program manager presented him with a gift he needed but could ill afford.

The walker wasn't what prompted his emotion; it was that someone cared enough to notice the rubber had worn off his existing walker, which was also undersized for his height.

"We were able to make a difference to him and that's what I love about working for this organization," says Donna Deknatel, marketing and fundraising manager for Carefor Health and Community Services, a 115-year-old, not-for-profit providing home health care services to eastern Ontario.

As the founding branch of the first home-care service in Canada, Carefor has distinct bragging rights. And thanks to the many programs and services it offers – from nursing and personal care to respite and assisted living options – the agency is helping many live out their lives at home in comfort and safety.

"What the health care system has determined and all of us know is that people want to remain as independent as possible as they age," says Deknatel.

Carefor staff hope to raise $37,000 this Saturday, March 2 at its ninth annual chocolate fundraiser which will pit 11 Ottawa area chocolatiers and chefs against each other in a decadent duel to create the best chocolate dessert in the nation's capital.

As Carefor Ottawa's signature fundraiser, the money raised will go towards the purchase of treatment chairs for the agency's foot and wound care clinics, subsidies for those who can't afford to pay the full fee for some services and to replace a van that was stolen last fall from the agency's parking lot. The van was used to transport clients with dementia to and from its programs.

Carefor specializes in offering services and programs for people living with dementia. They include short- and long-term respite programs and a 16-bed retirement home for women with dementia. Deknatel says it's predicted that by 2031 the number of people living with cognitive impairment, including dementia will double.

In addition, the agency also offers nursing clinics which allow it to serve more clients than making individual home visits.

Carefor employs over 900 staff and has more than 1,000 volunteers. — KELLY PUTTER

CAREFOR OTTAWA SERVICES ARE FOR ALL AGES AND INCLUDE:

- Nursing (home or clinic)
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- Foot care
- Wound & Leg Ulcer Specialists
- Alzheimer's and dementia care
- Personal care
- Homemaking services
- In-home rehabilitation services
- Short term and 24-hour respite
- Retirement home for women with dementia
- Adult day programs
- Going home program

KARL BUTLER

Sobhi al-Hamod, 60, lives with his family at an underground cave in Idlib province, Syria. THE ASSOCIATED PRESS

Syrians take shelter in cave monuments

Refuge. Entire families huddle inside ancient structures as fighting continues

Like countless other Syrians fleeing their country's civil war, Sami was eager to escape the bombs and artillery shells falling on his village. But instead of taking his family to another country, he simply brought them underground.

For the past seven months, the family has lived in a chamber cut into the rock of the Jebel al-Zawiya hills, its walls etched with arabesques and alcoves.

No choice

"We used to be scared to go near the monuments. But now, they're benefitting us."

A young fighter in the Jebel al-Zawiya who gave his name as Abu Mohammed

Sami, a 32-year-old stonecutter, believes that his new home is a Roman shrine. Its design in fact suggests it may be a tomb.

Across northern Syria, rebels, soldiers and civilians are making use of the country's wealth of ancient and medieval remains for protection. The structures are built of thick stone that has already withstood the ravages of centuries. They are often located in strategic spots overlooking towns and roads.

Sami, who like many Syrians was reluctant to give his full name for security reasons, says cave life is hard. The worst part isn't the lack of electricity or running water. It's the smoke from the indoor fires.

"We go daily to the doctor for our children," he said. His youngest, a two-month-old girl named Abir, has been badly afflicted with respiratory problems.

But he considers the discomfort and health risks of the cave preferable to the terror of life above ground.

THE ASSOCIATED PRESS

Civil war at a glance

- **Casualties.** The number of people killed in Syria's civil war is nearing 70,000, according to U.N. human rights chief Navi Pillay. There are no precise death tolls available from the Syrian regime.
- **Refugees.** U.N. humanitarian chief Valerie Amos says the growing number of Syrians affected by the civil war in Syria is now 4 million and rising. They include an estimated 2 million displaced within Syria and nearly 925,000 who have fled the country. Most of the refugees have gone to neighbouring Turkey, Jordan and Lebanon.

Aid. U.S. to provide Free Syrian Army with supplies

In a significant policy shift, the Obama administration said Thursday it would for the first time provide non-lethal aid directly to rebels who are battling to oust Syrian President Bashar Assad, announcing an additional $60 million in assistance to Syria's political opposition.

The modest package of aid to the military wing of the opposition will consist of an as yet undetermined amount of food rations and medical supplies for members of the Free Syrian Army, who will be carefully screened to ensure they do not have links to extremists. THE ASSOCIATED PRESS

U.S. Secretary of State John Kerry and Syrian National Coalition President Mouaz al-Khatib.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

Lost your wallet? Get your phone out

Make like a pigeon. 'Stickers' let you home in on lost items via Bluetooth device

Jimmy Buchheim is behaving oddly.

On the floor of the world's largest cellphone trade show in Barcelona, Spain, he's looking at the screen of his iPod Touch, taking a few steps, and then looking again. Now and then he backtracks or turns, and looks again. Slowly, he confines his movements to a smaller and smaller area. Then he drops to his knees, and checks the screen again.

"There we are!" he says.

Buchheim has found his keys, which had been hidden behind a wastebasket by a skeptical reporter. On the key ring is a small disc, slightly bigger than a quarter. That's what Buchheim was homing in on, with his iPod.

Buchheim's Davie, Fla.-based company, Stick-N-Find Technologies, wants to give people a way to find things, whether it's keys, wallets, TV remotes or cat collars.

Stick-N-Find THE ASSOCIATED PRESS

There's no real trick to sending out a radio signal and having a phone pick it up. That's been done before. What makes the Stick-N-Find practical is a new radio technology known as Bluetooth Low Energy, which drastically reduces the battery power needed to send out a signal. That means the disc can be small, light enough for its sticky back to adhere to a lot of surfaces and be powered by a battery that lasts up to two years without recharging. The signal can be picked up as far as 300 feet away, under ideal circumstances. At the wireless show, though, the range was about 20 feet.

One downside: It's not cheap. Stick-N-Find charges $50 for two "stickers" from its first production run.

Another downside is that few devices can pick up the signals. Bluetooth Low Energy is expected to become a standard feature in phones, but it's not yet. Also, it won't tell you exactly where your sticker is located, only how far away it is.

THE ASSOCIATED PRESS

Heel!

Users can set up a virtual "leash" between a sticker and a Bluetooth device. When the two move a certain distance away from each other, the sticker can start beeping, or the device's screen can show an alert. That way, you could use a sticker in your wallet, linked to your phone, to let you know if you're leaving either one behind.

Walking Dead no more?

This image shows a scene from the AMC hit The Walking Dead. Negotiations over a distribution deal between U.S.-based AMC and media giant Rogers Communications are heating up. Some Rogers customers reported Wednesday that online banner advertisements informed them that they "lost" or will lose The Walking Dead on their lineup. The confusing ads — AMC was still being carried by Rogers — seem to be displayed to customers with Rogers IP addresses. A spokeswoman said Rogers has no plans to pull the channel. Earlier this week, AMC warned some Canadians that they were at risk of losing popular shows if an agreement is not reached by Thursday at 11:59 p.m. RUSSELL KAYE/AMC/THE ASSOCIATED PRESS

February optimism

Small-business confidence up

Small businesses appear to be feeling more optimistic, according to the latest survey by the Canadian Federation of Independent Business. The CFIB says its index rose a half a point to 66.2 on a scale of zero to 100. More than 50 means owners who expect their operations to be stronger in the next year outnumber those expecting a weaker performance. Alberta business owners remain the most optimistic. Ontario is slightly below the national average. THE CANADIAN PRESS

Market Minute

DOLLAR
96.96¢ US (-0.79¢)

TSX
12,821.83 (+89.44)

OIL
$92.05 US (-71¢)

GOLD
$1,578.10 US (-$17.60)

Natural gas: $3.48 US (+7¢)
Dow Jones: 14,054.49 (-20.88)

A little less pepper and a bit more sodium citrate

Flavour spheres created by Modernist Pantry owners Christopher Anderson and Janie Wang using their spherification products. CHERYL SENTER/THE ASSOCIATED PRESS

Milk, eggs, cheese, tomatoes, transglutaminase, sodium citrate...

It may not sound like the last grocery list you wrote, but the growing appeal of so-called modernist cooking — a science-tastic take on haute cuisine — has more home cooks adding laboratory-worthy ingredients and gizmos to their shopping. And that, of course, has spawned a mini-niche of online companies selling everything you need to play culinary alchemist at home.

At least a half-dozen companies now sell once-elusive ingredients like sodium citrate to emulsify cheeses into creamy sauces, "popping sugar" that explodes in your mouth, and "meat glue" — transglutaminase — to create dishes like tilapia spaghetti (that is, "spaghetti" made from tilapia). Alongside traditional equipment like cookie sheets and hand mixers, you can purchase pipettes to create "caviar" from various liquids or smoke torches that infuse smoke flavour into dishes without heating them up.

Even big retailers are getting in on the action. Williams-Sonoma carries machines known as "sous vide," which cook using a warm water bath. Amazon offers ingredients such as agar-agar (to make gelatins) and xanthan gum (to thicken sauces), as well as whipping siphons to create foams and digital scales that allow the home chef to weigh down to the hundredth of a gram. How's that for precision cooking?

THE ASSOCIATED PRESS

Storefront

Chris Anderson, a software developer by trade, launched Modernist Pantry with his wife two years ago when he couldn't find the ingredients needed for his culinary dabbling. Today, Modernist Pantry carries more than 300 ingredients for the home kitchen, drawing 60 per cent of its business from home cooks. Sales have increased 10 times since launching.

Education. Apple says iTunes U downloads top 1B

Apple says people have downloaded more than one billion items from iTunes U, which features free books, lectures and other information from schools, libraries and museums around the world.

Apple Inc. said Thursday that there are now single iTunes U courses with more rolled in them. Eddy Cue, senior vice-president of Internet software and services, calls this a "phenomenal shift in the way we teach and learn."

Apple logo THE ASSOCIATED PRESS FILE

Apple says more than 1,200 universities and 1,200 K-12 schools host courses on iTunes U. Stanford University in Palo Alto, Calif., and The Open University, an online learning centre based in the U.K., each had more than 60 million pieces of content downloaded.

More than 60 per cent of the iTunes U app downloads are outside the U.S.

THE ASSOCIATED PRESS

Group Gone Broke

Girls Gone Wild files Chapter 11

The company behind the Girls Gone Wild video empire has filed for bankruptcy in a move it says is an effort to restructure its legal affairs after several disputed court judgments.

GGW Brands LLC and several subsidiaries listed more than $16 million in disputed claims. The largest claim is $10.3 million that Wynn Resorts Limited is seeking from GGW's founder over a gambling debt and statements he made about the casino and its founder.

THE ASSOCIATED PRESS

Always keep cash on you

Google holding onto $48B: CFO

Google's CFO says the company plans to cling to its growing stash of cash to pay for potential acquisitions and other investments that could boost its profits. Patrick Pichette explained the rationale for holding on to $48 billion in cash at a conference Thursday.

The money management of publicly traded companies is getting more attention as more firms hoard huge amounts of cash instead of introducing or increasing dividends to reward stockholders.

THE ASSOCIATED PRESS

Blood, sweat and banknotes

Belarusian artist Igor Arinich shows an image made of hundreds of Soviet-era banknotes in Minsk, Belarus. Arinich has used Soviet banknotes which he buys at local flea markets in Belarus for his works. His works include portraits of Soviet founder Vladimir Lenin, Venezuelan President Hugo Chavez and Belarusian President Alexander Lukashenko. SERGEI GRITS/THE ASSOCIATED PRESS

TAYLOR SWIFT, GOAT GOT YOUR TONGUE?

THE LIST
Paul Sullivan
metronews.ca

Another wacky week for the world …

1 **Oscar badness.** The week opened way off Broadway with the Seth MacFarlane–hosted Oscars. The creator of Family Guy managed to offend everyone's sensibilities with jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination. But the ratings were up! What a relief!

2 **How many Supreme Court justices?** Speaking of hate, did anyone understand the Supreme Court of Canada's ruling about some guy in Saskatchewan who says vicious things about gay people (no joke)? According to the venerable justices, it's free speech to go ahead and offend other people, but it's illegal if, in the process, it exposes those people to hatred. By that test, is it OK for Shakespeare to declare "Kill all the lawyers," unless someone actually does?

3 **Pope no more.** Meanwhile, the pope has left the building. The Vatican, that is. For the first time in 600 years, the Pope resigned. Not much has changed, however. Pope Emeritus Benedict will still be called His Holiness, still gets to wear a white cassock and still thinks gay marriage is a care-free union between a man and a woman.

4 **In other goofy Italian news.** Silvio Berlusconi, the exact opposite of the pope, made a surprising comeback and finished a close second in the Italian election. The stock market wasn't the only institution that reacted badly to the news that the bunga-bunga party guy is back. The pope didn't resign. He quit in disgust.

5 **Beam us up, Scotty.** Former space tourist and multi-millionaire Dennis Tito is teaming up with SpaceX to send a middle-aged married couple to Mars as early as 2018, an entirely privately funded expedition. Well, to Mars's vicinity, anyway; the closest the lucky couple will get is 100 miles. They'll orbit the Red Planet, then turn around and come home. Imagine a 501-day road trip in a Mini with your spouse and you can only begin to comprehend what a perilous mission this is.

6 **Who knew?** It's not Atlantis, it's Mauritia. Not a sneeze but a lost continent that sank off the coast of Madagascar. Mauritia wasn't really much as continents go, only about a quarter the size of Madagascar, but when you lose something that big, why does it take 85 million years to notice? So Atlantis could be down there somewhere. We just have to wait for James Cameron to find it.

7 **Taylor Swift got yer goat.** Gotta love the Internet. A magnificent tool for sharing knowledge and YouTube videos of Goats Yelling Like Humans, including a mix of Taylor Swift singing and goats yelling. The challenge is to tell them apart. I'm not making this up: youtu.be/LEdqn-Gtg-s

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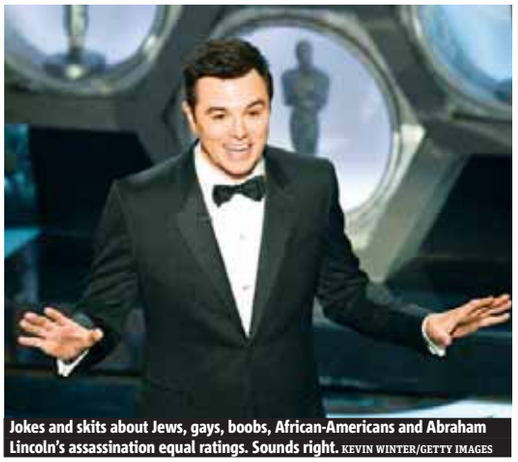


Jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination equal ratings. Sounds right. KEVIN WINTER/GETTY IMAGES

A polar molar checkup

MCT VIA GETTY IMAGES

Animal procedure

Polar bear gets root-canal routine

For his routine dentist checkup, this fearsome predatory animal needed a general anesthetic — for his comfort and the safety of others. Boris, one of three resident polar bears at the Point Defiance Zoo & Aquarium in Tacoma, Wash., underwent a root-canal exam last weekend to repair an infected canine tooth. MWN

Boris the polar bear

- **Length.** About nine feet.
- **Weight.** 922 pounds.
- **Born.** Dec. 15, 1985, at the Rostock Zoo in Germany.
- **Arrival at current zoo.** November 2002 after being rescued from a circus in Puerto Rico.
- **Life expectancy.** As long as 40 years (captivity), 30 (in the wild).

Sequence of events

12 staff members help bear weight

A veterinarian went to the zoo's Arctic Tundra exhibit last Saturday and shot Boris with a tranquilizer. The bear was then given a sedative before a dozen able-bodied staff members hoisted the enormous animal onto a stretcher. Afterward, the bear was put on a padded operating table and placed on a ventilator to allow medical staff to examine him. MWN

Procedure in numbers

4.5

hours is how long Boris's procedure took.

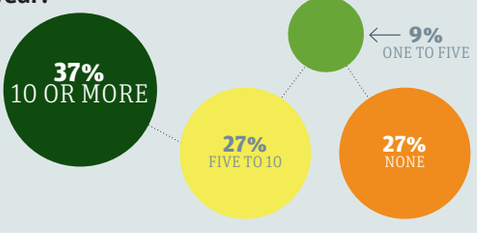
Apart from his root-canal treatment, Boris had a lump removed from his eye to improve his vision, and got his claws trimmed.

Boris was on his paws walking about two hours after the medical work, eating soft foods and receiving painkillers.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How many books will you likely read this year?



Twitter

@ottawaweb: @metroottawa convenient that the tracking system is down so there is no record of how bad it was for commuters

@HeatherBadenoch: @metroottawa Looking at the picture, they were 'stuck' at the @GeorgetownPub. Not really a problem for some :-) ow.ly/i9pvw

@ainarasly: Don't panic, don't panic, don't panic, don'T PANIC!

@MlleSash: Just wrote a three hour midterm(last one!). 3 essays on machiavelli, hobbes and locke.

@ladyoflightx: "@thegooglefact: Insecure people are more likely to hate people that they barely know." My reason for hating everyone, f u

@SensChirp: @TGORSteve Lehner may want to avoid "glaring" at Alfredsson no matter what happened.

metro

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Nicholas Hoult stars in Jack the Giant Slayer. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Fee, fi, fo, humdrum?

Jack the Giant Slayer. This retelling of a classic fairy tale gets mixed reviews

Richard: Mark, this is what used to be called a "ripping good yarn." It's got all the ingredients of classic fairy tales — a pretty princess, heroics galore, a dash of romance and loads of giant slaying! It's a change from the usual Hollywood fairy tale retellings in that it remains fairly true to the source — there's no Snow White and the Huntsman style ennui here — but what starts out as a family friendly romp turns much darker near the end and won't be appropriate for younger Jack and the Beanstalk fans.

Mark: I agree with "ripping," I'm fine with "yarn." It's "good" I have trouble with. I thought it was made for people who enjoyed Clash of the Titans but found it a wee bit too cerebral. Here's my plot synopsis: A giant beanstalk opens up a portal between Earth and the skies above, and one hour and 46 minutes of the audience's time is lost forever ... I may never eat edamame again.

RC: But edamame is delicious! And so are parts of this movie. A small family could live underneath Nicholas Hoult's cheekbones and the giants are really cool. It's a large-scale CGI epic like Clash of the Titans, but I thought this one was far more successful in creating a world for the characters to live in. It's a simple story of good versus evil, and in a battle between Clash's Kraken and this movie's giants, I'd bet on the giants.

MB: The giants give good grunt, I'll give you that, but there's not a lot of good dialogue in this picture and the acting is rote. Let's face it, the beanstalk has the best part.

RC: The beanstalk certainly takes top billing, but I thought it was fun to see Ewen Bremner — Spud from Trainspotting — in a juicy villain role, backing up an evil Stanley Tucci, who seems to be having fun here. I saw it as a large-scale English pantomime without the songs. There's slapstick, elaborate costumes and you're supposed to boo at the bad guys and cheer for the heroes. It won't become a staple in my DVD collection, but I enjoyed watching the giant chef prepare pigs-in-a-blanket with live pigs!

MB: Richard, that's the one witty note in the picture, and it made me laugh too. So much more could have been made of the giants' surreal world, but the film is surprisingly ... earthbound.

Synopsis

The action in this epic retelling of Jack and the Beanstalk begins when the king's advisor Roderick (Stanley Tucci) hatches a plot to steal an enchanted crown and six magic beans that hold the key to opening a gateway between Earth and Gantua, the land of the giants. Enter poor farmer Jack (Nicholas Hoult) who becomes involved when he unwittingly sows a seed that sprouts a giant beanstalk, literally shooting the princess Isabelle (Eleanor Tomlinson) skyward into the humongous hands of the giants. Determined to rescue her, Jack battles the giants, wins the respect of the king and the love of a princess.

- Richard: ●●●○○
- Mark: ●●○○○

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Williams takes on iconic screen character that's oddly ... happy

Oz the Great and Powerful. Actress takes a departure from serious, dour films in her role as Glinda the Good Witch

NED EHRBAR
Metro World News in Hollywood

Michelle Williams as Glinda the Good Witch in Oz the Great and Powerful. CONTRIBUTED

In Oz the Great and Powerful, Michelle Williams takes on one of the most iconic screen characters in Hollywood history, Glinda the Good Witch, first seen in the Wizard of Oz. It's not her first time tackling an icon — or even an icon popular with drag queens.

Have you given any thought to the idea of drag queens taking on your role?
Yeah, baby! Yes, yes. Bring it on. I feel like they would put a naughty under the nice.

Have you ever seen a drag interpretation of one of your roles?
Marilyn probably doesn't count, but there's clearly a lot out there. While I was making the movie I saw this drag performance of Marilyn on YouTube and I had to shut it down within 10 seconds because I was like, "That motherf—er is better than me. That motherf—er! I will never match what he's able to do." He was recreating all of her famous numbers to a T. But ... I can't imagine Wendy from Wendy and Lucy is big on the drag circuit.

It's oddly refreshing to see you in a movie that's so...
Happy?

Your films over the last few years have leaned toward the serious and dour, yes. Was this a conscious effort to get something a bit lighter on your filmography?
I never think about it from an outside point of view, like, "Now it's time to do something light." But I did feel within my own soul, I felt like I'd had the marrow sucked out of me, especially with My Week With Marilyn, just because it was so difficult. The core of who she was was very affecting for me to live inside of, so I was feeling more open to doing something that didn't come at a personal cost. For me, I never feel like, "Oh, I have so many things to choose from and I just can't pick. There's just so many great options." It's kind of like desert, desert, desert, desert, oasis! So when that comes along, when I have that feeling from reading a script, whether it's big or small or light or dark, it's really more about if I see an outline of a character that I want to fill in.

I'd assume that you're getting sent all of the best stuff out there.
I haven't worked since I made this movie. I haven't worked in over a year. It was a conscious choice, I definitely wanted to take some time off. This was a long movie to make and I like my life and it takes a lot to take me away from my family. But that choice wasn't ... constantly tested, for better or worse.

Top of the chain

"The thing I was most interested in capturing was the comfort level that comes with the self-recognition that you're the very tip-top of the food chain. I don't know what that's like in real life ... So even when a six-foot-five, 240-pound monster of a man comes into the room, to you it's just like taking a breath."

Benjamin Bratt on playing Mexican cartel kingpin El Topo in Snitch (now in theatres) and looking calm in the face of an intimidating Dwayne Johnson
NED EHRBAR

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Comedy

21 & Over

Stars. Miles Teller, Skylar Astin, Justin Chon

Directors. Jon Lucas, Scott Moore

The raucous directorial debut from The Hangover writers Jon Lucas and Scott Moore gives us one 21st birthday you'll wish you could forget. When former high school buddies Miller and Casey reunite to celebrate their friend Jeff Chang's big day, 24 hours of debauchery puts their friendships and futures to the test. Coming of age has never been so tedious in this lacklustre comedy that relies solely on vomit, male nudity and ethnic stereotypes for laughs. This unimaginative college try is about as juvenile as it gets.
MANORI RAVINDRAN/METRO

Cannes. Spielberg to head up jury of France's prestigious film festival

France's Cannes Film Festival has finally snagged Steven Spielberg to serve as president of the award jury.

Gilles Jacob, the festival's president, said he had been trying to get the award-winning director to head the jury for years — but the American was always working. Finally, this year, Spielberg got in touch.

"When this year I was told 'E.T., phone home,' I understood and immediately replied: 'At last!'" Jacob said in a statement posted on the festival's website Thursday.

Spielberg, who was nominated but didn't win the directing Oscar for his biopic Lincoln this week, takes the reins from Italian Nanni Moretti. The 66th Cannes festival takes place in the glamorous French Mediterranean resort from May 15 to 26.

Spielberg's presence will likely give more of an American flavour this year to the Cannes festival, a melange of intellectual international cinema and Hollywood glamour.

Jury presidents in the festival's seven-decade history have included such figures as Tennessee Williams, Ingrid Bergman, Roman Polanski and Francis Ford Coppola.

Spielberg has had several films show at Cannes, and E.T. had its world premiere there in 1982. His first film, Sugarland Express, won best screenplay at Cannes in 1974.

"It is an honour and a privilege to preside over the jury of a festival that proves, again and again, that cinema is the language of the world," Spielberg said in a statement.

"The most prestigious of its kind, the festival has always established the motion picture as a cross cultural and generational medium."
THE ASSOCIATED PRESS

Steven Spielberg GETTY IMAGES

THESE PAGES COVER MOVIE START TIMES FROM FRI., MARCH 1 TO THURS., MAR 7 . TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Ottawa

Bytowne Cinema
325 Rideau St., 613-789-3456

Blancanieves (PG) Fri 9:05 Sat 6:55 Sun 8:40
Habemus Papam (PG) Wed 6:55 Thu 4:45
How to Marry a Millionaire (PG) Fri 5:01 Sat 2:45
The Impossible (PG) Thu 8:59
The Oscar Nominated Short Films 2013: Animated (STC) Fri 6:59 Sat 4:50 Sun 2:15 Mon 4:45 Tue 9:05 Thu 6:59
The Oscar Nominated Short Films 2013: Live Action (STC) Sat 9:15 Sun 4:10 Mon 6:40 Tue 4:45 Wed 9:10
The Waiting Room (STC) Sun 6:45 Mon 9:05 Tue 7:10 Wed 5:01

Canadian Film Institute
2 Daly Ave., Suite 120, 613-232-6727

2 Daly Ave., Suite 120, 613-232-6727
Fay Grim (14A) Sat 7
The Girl From Monday (STC) Fri 8:30
King Curling (STC) Fri 7
No Films Showing Today (STC) Sun-Thu

Canadian Museum of nature
240 McLeod St., 613-566-4700

Dinosaur Passage to Pangaea 3D (STC) Sat-Thu 10:50-1:45-3:30 Sat-Thu 11:25-2:20
No Films Showing Today (STC) Fri
Tornado Alley 3D (STC) Sat-Thu 12-1:10 Sat-Thu 12:35-2:55

Coliseum Ottawa
3090 Carling Ave., 613-596-9475

21 and Over (14A) Fri-Sun 1:15-3:35-5:55-8:15-10:40 Mon-Wed 5-7:15-9:30 Thu 1:20-5-7:15-9:30
Dark Skies (14A) Fri-Sun 12:30-3-5:30-8-10:30 Mon-Wed 5-7:30-10 Thu 1:10-5-7:30-10
Escape From Planet Earth (PG) Fri-Sun 12:15
Escape From Planet Earth 3D (PG) Fri-Sun 2:30-5-7:30-9:50 Mon-Wed 4:30-6:50-9:10 Thu 1:20-4:30-6:50-9:10
A Good Day to Die Hard (14A) Fri 12:20-2:45-5:20-7:55-10:30 Sat 12:20-2:45-7:55-10:30 Sun 12:20-2:45-5:20-7:55-10:30 Mon-Thu 4:50-7:25-10:10
The Hobbit: An Unexpected Journey 3D (PG) Fri 3:05-6:45-10:15 Sat 6:45-10:15 Sun 3:05-6:45-10:15 Mon-Tue 4:15-8:30 Wed 4:10-8:30 Thu 4:15
Identity Thief (14A) Fri 12-2:35-5:15-8-10:45 Sat 12-2:35-5:15-8:15-10:45 Sun 12-2:35-5:15-8-10:45 Mon-Wed 4:45-7:30-10:15 Thu 1:25-4:10-7:30-10:15
Jack the Giant Slayer (PG) No Passes Fri-Sun 1:30-4:15 No Passes Mon-Wed 4:15 No Passes Thu 1:30-4:15 Star & Strollers Screening, No Passes Thu 1
Jack the Giant Slayer 3D (PG) No Passes Fri-Wed 7-9:45 No Passes Thu 7-9:20-9:45 No Passes Fri-Sun 2:15-5-7:45-10:30 No Passes Mon 3:55-6:45-9:20 No Passes Tue 3:55-6:40-9:25 No Passes Wed 3:55-6:45-9:20 No Passes Thu 3:40-6:15
Kai po che! (PG) Fri 12:10-3:10-6:30-9:30 Sat 12:10-6:30-9:30 Sun 12:10-3:10-6:30-9:30 Mon-Thu 4-6:50-9:45
The Last Exorcism Part II (14A) Fri 1-3:20-5:40-8-10:20 Sat 1-3:20-6:30-8:40-10:45 Sun 1-3:20-5:40-8-10:20 Mon-Wed 5:15-8-10:20 Thu 1:15-5:15-8-10:20
The Metropolitan Opera: Parsifal Live (STC) Sat 12
Oz the Great and Powerful 3D (PG) Thu 9
Safe Haven (PG) Fri 12-2:40-5:25-8:10-10:45 Sat 3-5:25-8:10-10:45 Sun 12-2:40-5:25-8:10-10:45 Mon-Wed 4:55-7:35-10:15 Thu 1:10-4:55-10:15
Snitch (PG) Fri-Sun 12:45-3:15-5:45-8:15-10:40 Mon-Thu 4:40-7:20-10:10 Star & Strollers Screening Thu 1

Empire 7 Cinemas
111 Albert St., 3rd Floor,

World Exchange Plaza, 613-233-0209

Amour (PG) Fri 3:20-6:45-9:30 Sat-Sun 12:10-3:20-6:45-9:30 Mon 3:20-6:45-9:30 Tue 12:10-3:20-6:45-9:30 Wed-Thu 3:20-6:45-9:30
Argo (14A) Fri 3:40-6:30-9:40 Sat-Sun 12:25-3:40-6:30-9:40 Mon 3:40-6:30-9:40 Tue 12:25-3:40-6:30-9:40 Wed-Thu 3:40-6:30-9:40
Life of Pi (PG) Fri 3:35-6:25 Sat-Sun 12:40-3:35-6:25 Mon 3:35-6:25 Tue 12:40-3:35-6:25 Wed-Thu 3:35-6:25
Life of Pi 3D (PG) Fri-Thu 9:20
Lincoln (PG) Fri 3:10-6:20-9:10 Sat-Sun 12-3:10-6:20-9:10 Mon 3:10-6:20-9:10 Tue 12-3:10-6:20-9:10 Wed-Thu 3:10-6:20-9:10
Quartet (PG) Fri 3-6-9 Sat-Sun 12:20-3-6-9 Mon 3-6-9 Tue 12:20-3-6-9 Wed-Thu 3-6-9
Silver Linings Playbook (14A) Fri 3:30-6:10-9:30 Sat-Sun 12:15-3:30-6:10-9:30 Mon 3:30-6:10-9:30 Tue 12:15-3:30-6:10-9:30 Wed-Thu 3:30-6:10-9:30
Snitch (PG) Fri 3:50-6:40-9:15 Sat 12:30-3:50-6:40-9:15 Sun-Mon 3:50-6:40-9:15 Tue 12:30-3:50-6:40-9:15 Wed-Thu 3:50-6:40-9:15

Rainbow Cinemas St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Identity Thief (14A) Digital Fri 3:50-6:20-8:50 Digital Sat-Sun 1:20-3:50-6:20-8:50 Digital Mon-Wed 6:20-8:50 Digital Thu 6:20
Jack the Giant Slayer (PG) Digital, No Passes Sat-Sun 1:30
Jack the Giant Slayer 3D (PG) No Passes Fri-Sun 4-6:30-9 No Passes Mon-Wed 6:30-9 No Passes Thu 6:30-9:15
The Last Exorcism Part II (14A) Digital Fri 4:10-6:40-9:10 Digital Sat-Sun 1:40-4:10-6:40-9:10 Digital Mon-Thu 6:40-9:10
Oz the Great and Powerful 3D (PG) Thu 9

Rideau Centre Cinemas 50 Rideau St., 613-234-3712

Identity Thief (14A) Digital Fri 3:50-6:20-8:50 Digital Sat-Sun 1:20-3:50-6:20-8:50 Digital Mon-Wed 6:20-8:50 Digital Thu 6:20
Jack the Giant Slayer (PG) Digital, No Passes Sat-Sun 1:30
Jack the Giant Slayer 3D (PG) No Passes Fri-Sun 4-6:30-9 No Passes Mon-Wed 6:30-9 No Passes Thu 6:30-9:15
The Last Exorcism Part II (14A) Digital Fri 4:10-6:40-9:10 Digital Sat-Sun 1:40-4:10-6:40-9:10 Digital Mon-Thu 6:40-9:10
Oz the Great and Powerful 3D (PG) Thu 9

South Keys 2214 Bank St., 613-736-1115

21 and Over (14A) Fri 12:15-2:35-5:10-7:35-10:05 Sat 12-2:10-5-7:35-10:05 Sun-Thu 12:15-2:35-5:10-7:35-10:05
Dark Skies (14A) Fri 10:50-1:35-4:20-6:55-9:15 Sat 1:35-4:20-6:55-9:15 Sun-Thu 10:50-1:35-4:20-6:55-9:15
Escape From Planet Earth (PG) Fri-Thu 10:20-12:30
Escape From Planet Earth 3D (PG) Fri-Wed 2:40-4:50-7-9:20 Thu 2:40-4:50-6:50
A Good Day to Die Hard (14A) Fri 11:20-2-4:30-7:10-9:45 Sat 11:20-2-7:10-9:45 Sun 11:20-2-4:30-7:10-9:45 Mon 11:20-2-4:05-7:10 Tue-Thu 11:20-2-4:30-7:10-9:45
Identity Thief (14A) Fri-Thu 11:25-1:55-4:35-7:20-9:55
Jack the Giant Slayer 3D (PG) No Passes Fri-Thu 10:30-1:30-4:15-7:05-9:50
The Last Exorcism Part II (14A) Fri-Thu 12:20-2:30-4:55-7:15-9:35
Life of Pi 3D (PG) Fri-Thu 10:25-1:10-3:55-6:40-9:30
The Metropolitan Opera: Parsifal Live (STC) Sat 12
A Moment in Time (STC) Fri-Thu 11-1:40-4:10-6:45-9:25
Oz the Great and Powerful 3D (PG) Thu 9
Safe Haven (PG) Fri 10:45-1:45-4:25-7:25-10 Sat 4:25-7:25-10 Sun 10:45-1:45-4:25-7:25-10 Mon 10:45-1:45-4:25-10 Tue-Thu 10:45-1:45-4:25-7:25-10
Shrek 2 (G) Sat 11
Silver Linings Playbook (14A) Fri-Thu 10:35-1:25-4:05-6:50-9:40
Snitch (PG) Fri-Thu 11:30-2:05-4:40-7:30-10:05

Gatineau

Canadian Museum of civilization 100 rue Laurier, 819-776-7010

Arctique 3D (STC) Thu 12:55
Born to Be Wild (STC) Fri 9:45
Le dernier récif 3D (STC) Fri 12:55-4-7 Sat 10:45-12:55 Sun 12:55-6 Mon 12:55-4 Tue 10:45-4 Wed 12:55-4-8 Thu 4
Flight of the Butterflies 3D (STC) Fri 10:45-3 Sat 3 Sun 10:45-3 Mon 3 Tue 11:50-3 Wed 3 Thu 11:50-3
L' incroyable voyage des papillons 3D (STC) Sat-Sun 4 Mon 10:45 Tue 12:55 Wed-Thu 10:45
The Last Reef: Cities Beneath the Sea 3D (STC) Fri 11:50-2-5 Sat 11:50-2-5-7 Sun 11:50-2-5 Mon 2-5 Tue 2-5-8 Wed 2-5 Thu 2-5-8
Space Station (STC) Sat 8 Sun 7 Mon 11:50-6 Tue 7 Wed 11:50-6 Thu 7
Station spatiale (STC) Fri 8 Mon 7 Tue 6 Wed 7 Thu 6

Cinéma des Galeries d'Aylmer 400 boul. Wilfrid-Lavigne, 819-248-2526

Astérix et Obélix: Au service de sa Majesté (STC) Fri-Thu 12:50-6:50
Astérix et Obélix: Au service de sa Majesté 3D (STC) Fri-Thu 3:20-9:20
Escape From Planet Earth (STC) Fri-Mon 1-3-7 Tue 7 Wed 1-3-7
A Good Day to Die Hard (13+) Fri-Wed 3:30-9:30 Thu 3:30
Identity Thief (STC) Fri-Wed 1-7-9:10 Thu 1-9:10
Jack the Giant Slayer (G) Fri-Thu 3:10-9:10
Jack the Giant Slayer 3D (G) Fri-Thu 12:40-6:40
Oz the Great and Powerful (STC) Thu 10
À perdre la raison (G) Tue 1-3:30 Wed-Thu 7

Ciné-starz 1100 boul. Maloney Ouest, 819-568-8000

Django déchaîné (13+) Fri-Thu 8:45
Le hobbit : Un voyage inattendu (G) Fri-Thu 4-9:10
Hotel Transylvanie (G) Fri-Thu 12-1:40
L'histoire de Pi (G) Fri-Thu 7:20-9:35
Les mondes de Ralph (STC) Fri-Thu 12-1:55-3:50-5:45
Les Pee Wee: L'hiver qui a changé ma vie (G) Fri-Thu 1:50-3:20-7-9:35
Le réveil des gardiens (G) Fri-Thu 12-1:45-3:30-5:15-7
Surveillance parentale (G) Fri-Thu 12-5:30-7:40

Gatineau 9 120 boul. de l'Hôpital, 819-568-6070

Amour (13+) Fri-Thu 2:30-6:30-9:20
Astérix et Obélix: Au service de sa Majesté (STC) Fri-Thu 3:25
Astérix et Obélix: Au service de sa Majesté 3D (STC) Fri-Thu 12:45-6:40-9:15
Ciel obscur (13+) Fri-Thu 12:15-5-7:30-9:50
Ernest et Célestine (G) Fri-Thu 12:30-2:30-4:30
Fuyons la planète Terre (STC) Fri-Thu 3:15
Fuyons la planète Terre 3D (STC) Fri-Thu 1:10-5:15
Jack le chasseur de géants 3D (G) Fri-Thu 1-3:40-7-9:35
La légende de Sarila (G) Fri-Thu 2
La légende de Sarila 3D (G) Fri-Thu 12-4-6-7:45
Majeur et vacciné (13+) Fri-Thu 1:20-3:35-7:20-9:30
Les saveurs du palais (G) Fri-Thu 1:05-3:10-7:05-9:10
Un havre de paix (G) Fri-Thu 12:50-3:30-6:45-9:25
Une belle journée pour crever (13+) Fri-Thu 7:10-9:40
Vol d'identité (STC) Fri-Thu 9:45

StarCité Hull 115 boul. du Plateau, 819-770-1090

21 and Over (13+) Fri-Thu 1:15-3:35-5:55-8:15-10:40
Astérix et Obélix: Au service de sa Majesté 3D (STC) Fri-Thu 11:40-2:15-4:50-7:25-10
Dark Skies (13+) Fri-Thu 12:30-2:55-5:20-7:45-10:10
Ernest et Célestine (G) Fri-Thu 11:40-1:50-4-6:30
Escape From Planet Earth (STC) Fri 1:15-3:30-5:45-8-10:15 Sat 11:05-1:15-3:30-5:45-8-10:15 Sun-Thu 1:15-3:30-5:45-8-10:15
Fuyons la planète Terre (STC) Fri-Thu 12:50
Fuyons la planète Terre 3D (STC) Fri-Wed 3:05-5:20-7:35-9:50 Thu 3:05-5:20-7:35
A Good Day to Die Hard (13+) Fri-Thu 12:50-3:15-5:40-8:05-10:30
Hansel & Gretel: Witch Hunters (STC) Fri-Thu 8:30-10:45
Identity Thief (STC) Fri-Thu 12-2:35-5:10-7:45-10:20
Jack le chasseur de géants 3D (G) No Passes Fri-Thu 11:45-2:25-5:05-7:45-10:25
Jack the Giant Slayer 3D (G) No Passes Fri-Wed 12:05-2:45-5:25-8:05-10:45 No Passes Thu 10:45 No Passes Thu 12:05-2:45-5:25-8:05
The Last Exorcism Part II (STC) Fri-Thu 1-3:20-5:40-8-10:20
La légende de Sarila (G) Fri 11:50-12:20 Sat 11:10-12:20-5:50 Sun-Wed 11:50-12:20 Thu 12:20
La légende de Sarila 3D (G) Fri-Thu 2:40-4:55-7-9:10
The Metropolitan Opera: Parsifal Live (STC) Sat 12
Oz the Great and Powerful 3D (STC) Thu 10:45
Roche papier ciseaux (13+) Fri 11:35-2:30-5:05-7:50-10:35 Sat 2:30-7:50-10:35 Sun-Thu 11:35-2:30-5:05-7:50-10:35
Safe Haven (G) Fri 12-2:40-5:20-8-10:40 Sat 12-5:20-8-10:40 Sun-Thu 12-2:40-5:20-8-10:40
Les saveurs du palais (G) Fri-Wed 12-2:20-4:50-7:20-9:50 Thu 4:50-7:20-9:50 Thu 1
Shrek 2 (G) Sat 11 Sat 11
Snitch (13+) Fri-Wed 2-4:50-8-10:45 Thu 4:50-8-10:45 Star & Strollers Screening Thu 1:30

Barrhaven

Barrhaven Cinemas 131 Riocan Dr., 613-825-2463

Escape From Planet Earth (PG) Sat-Sun 11:45
Escape From Planet Earth 3D (PG) Fri 7-9:20 Sat-Sun 2:05-4:30-7-9:20 Mon-Thu 5-7:30
A Good Day to Die Hard (14A) Fri 7:25-10 Sat-Sun 11:50-2:20-4:50-7:25-10 Mon-Thu 5:30-8
Identity Thief (14A) Fri 7:30-10:15 Sat-Sun 11:20-2-4:45-7:30-10:15 Mon-Thu 5:20-7:55
Jack the Giant Slayer 3D (PG) No Passes Fri 7:15-10 No Passes Sat-Sun 1:45-4:30-7:15-10 No Passes Mon-Thu 4:50-7:40
The Metropolitan Opera: Parsifal Live (STC) Sat 12
Safe Haven (PG) Fri 7:40-10:15 Sat 11:30-2:15-7:40-10:15 Sun 11:30-2:15-4:55-7:40-10:15 Mon-Thu 4:45-7:35
Shrek 2 (G) Sat 11
Silver Linings Playbook (14A) Fri-Sat 6:50 Sun 12:50-6:50 Mon-Thu 5:05 Star & Strollers Screening Thu 1
Snitch (PG) Fri 7:20-10:10 Sat-Sun 11:30-2:10-4:45-7:20-10:10 Mon-Thu 5:10-7:50 Star & Strollers Screening Thu 1
Warm Bodies (PG) Fri-Sat 9:55 Sun 3:50-9:55 Mon-Thu 7:50

Gloucester

SilverCity 2385 City Park Dr., 613-688-8800

21 and Over (14A) Fri-Thu 1:10-3:35-5:55-8:15-10:40
Catimini (STC) Thu 1-7
Dark Skies (14A) Fri-Thu 12:30-3-5:30-8:05-10:40
Django Unchained (18A) Fri-Tue 9:25 Wed 10 Thu 9:25
Escape From Planet Earth (PG) Fri-Thu 12
Escape From Planet Earth 3D (PG) Fri 2:20-4:40-7:05 Sat 10:45-2:20-4:40-7:05 Sun-Tue 2:20-4:40-7:05 Wed 2:20-4:40 Thu 2:20-4:40-7:05
A Good Day to Die Hard (14A) Fri-Thu 12:20-2:50-5:20-7:50-10:25
Hansel & Gretel: Witch Hunters 3D (14A) Fri 12:25-2:45-5:05-7:30-9:55 Sat 12:25-7:30-9:55 Sun-Thu 12:25-2:45-5:05-7:30-9:55
Identity Thief (14A) Fri 12:35-3:15-7:15-10 Sat 10-12:35-3:15-7:15-10 Sun-Thu 12:35-3:15-7:15-10
Jack the Giant Slayer 3D (PG) No Passes Fri-Thu 1:15-4-7-9:45
Jack the Giant Slayer: An IMAX 3D Experience (PG) No Passes Fri 2:15-5-7:45-10:30 No Passes Sat 11:30-2:15-5-7:45-10:30 No Passes Sun-Wed 2:15-5-7:45-10:30 No Passes Thu 2:15-5
The Last Exorcism Part II (14A) Fri-Thu 12:55-3:20-5:40-8-10:20
Life of Pi 3D (PG) Fri 12:05-2:55-6:55-9:50 Sat 2:55-6:55-9:50 Sun-Thu 12:05-2:55-6:55-9:50
The Metropolitan Opera: Parsifal Live (STC) Sat 12
Oz the Great and Powerful: An IMAX 3D Experience (PG) Thu 9
Safe Haven (PG) Fri 12:50-3:45-7:20-10:05 Sat 10:10-12:50-3:45-7:20-10:05 Sun-Tue 12:50-3:45-7:20-10:05 Wed 3:45-7:20-10:05 Thu 12:50-3:45-7:20-10:05 Star & Strollers Screening Wed 1
Shrek 2 (G) Sat 11
Side Effects (14A) Fri-Thu 12:40-3:25-7:55-10:30
Silver Linings Playbook (14A) Fri 12:45-3:30-7:25-10:15 Sat 12:45-7:25-10:15 Sun-Thu 12:45-3:30-7:25-10:15
Snitch (PG) Fri-Tue 1:05-3:50-7:35-10:15 Wed 3:50-7:35-10:15 Thu 1:05-3:50-7:35-10:15 Star & Strollers Screening Wed 1
Warm Bodies (PG) Fri-Wed 12:10-2:40-5:10-7:40-10:10 Thu 3:55-10:10
Zero Dark Thirty (14A) Fri 12:15-3:40-7:10-10:35 Sat 3:40-8:10 Sun-Thu 12:15-3:40-7:10-10:35

Orleans

Empire Theatres Orleans 6 Cinemas 3752 Innes Rd., 613-830-4400

21 and Over (14A) Digital, Dolby Stereo Digital Fri 4:20-7:20-9:55 Digital, Dolby Stereo Digital Sat-Sun 1:20-4:20-7:20-9:55 Digital, Dolby Stereo Digital Mon 7:20-9:55 Digital, Dolby Stereo Digital Tue 1:20-4:20-7:20-9:55 Digital, Dolby Stereo Digital Wed-Thu 7:20-9:55
Dark Skies (14A) Dolby Stereo Digital Fri-Sun 3:40-8:45 Dolby Stereo Digital Mon 8:45 Dolby Stereo Digital Tue 3:40-8:45 Dolby Stereo Digital Wed-Thu 8:45
Escape From Planet Earth (PG) Dolby Stereo Digital Fri 6:15 Dolby Stereo Digital Sat-Sun 12:15-6:15 Dolby Stereo Digital Mon 6:15 Dolby Stereo Digital Tue 12:15-6:15 Dolby Stereo Digital Wed-Thu 6:15
Escape From Planet Earth 3D (PG) Dolby Stereo Digital Fri-Sun 3:15 Dolby Stereo Digital Tue 3:15
A Good Day to Die Hard (14A) Dolby Stereo Digital Fri 4-6:50-9:20 Dolby Stereo Digital Sat-Sun 1-4-6:50-9:20 Dolby Stereo Digital Mon 6:50-9:20 Dolby Stereo Digital Tue 1-4-6:50-9:20 Dolby Stereo Digital Wed-Thu 6:50-9:20
Identity Thief (14A) Dolby Stereo Digital Fri 3:50-7-9:40 Dolby Stereo Digital Sat-Sun 12:50-3:50-7-9:40 Dolby Stereo Digital Mon 7-9:40 Dolby Stereo Digital Tue 12:50-3:50-7-9:40 Dolby Stereo Digital Wed-Thu 7-9:40
Jack the Giant Slayer (PG) Digital, Dolby Stereo Digital, No Passes Fri 4:10-7:10-10 Digital, Dolby Stereo Digital, No Passes Sat-Sun 1:10-4:10-7:10-10 Digital, Dolby Stereo Digital, No Passes Mon 7:10-10 Digital, Dolby Stereo Digital, No Passes Tue 1:10-4:10-7:10-10 Digital, Dolby Stereo Digital, No Passes Wed-Thu 7:10-10
Jack the Giant Slayer 3D (PG) Dolby Stereo Digital, No Passes Fri 3:30-6:40-9:30 Dolby Stereo Digital, No Passes Sat-Sun 12:30-3:30-6:40-9:30 Dolby Stereo Digital, No Passes Mon 6:40-9:30 Dolby Stereo Digital, No Passes Tue 12:30-3:30-6:40-9:30 Dolby Stereo Digital, No Passes Wed-Thu 6:40-9:30
The Last Exorcism Part II (14A) Digital, Dolby Stereo Digital Fri 4:30-7:30-9:50 Digital, Dolby Stereo Digital Sat-Sun 1:30-4:30-7:30-9:50 Digital, Dolby Stereo Digital Mon 7:30-9:50 Digital, Dolby Stereo Digital Tue 1:30-4:30-7:30-9:50 Digital, Dolby Stereo Digital Wed-Thu 7:30-9:50
Oz the Great and Powerful 3D (PG) Dolby Stereo Digital, No Passes Thu 9
Safe Haven (PG) Dolby Stereo Digital Fri 6:30-9:15 Dolby Stereo Digital Sat-Sun 12:40-6:30-9:15 Dolby Stereo Digital Mon 6:30-9:15 Dolby Stereo Digital Tue 12:40-6:30-9:15 Dolby Stereo Digital Wed-Thu 6:30-9:15
Silver Linings Playbook (14A) Dolby Stereo Digital Fri 3:05-6:10-9 Dolby Stereo Digital Sat-Sun 12:05-3:05-6:10-9 Dolby Stereo Digital Mon 6:10-9 Dolby Stereo Digital Tue 12:05-3:05-6:10-9 Dolby Stereo Digital Wed 6:10-9 Dolby Stereo Digital Thu 6:10
Snitch (PG) Dolby Stereo Digital Fri 3-6-8:50 Dolby Stereo Digital Sat-Sun 12-3-6-8:50 Dolby Stereo Digital Mon 6-8:50 Dolby Stereo Digital Tue 12-3-6-8:50 Dolby Stereo Digital Wed-Thu 6-8:50

A tale of biblical proportions, from Genesis to Revelations

Roma Downey.
Touched by an Angel actress talks about new project with Mark Burnett, The Bible

Filming in the Moroccan desert with hundreds of extras, dozens of horses and carriages, burning buildings and firebombs made for an "epic" experience on the set of the new miniseries The Bible, say creators Mark Burnett and Roma Downey.

"It was a production of biblical proportions," Downey, former star of Touched by an Angel, said during a recent stop in Toronto with Burnett.

"And a lot of danger," added Burnett, the famed reality show producer who's married to Downey and has three teenagers with her.

"You've got 50 chariots with Arabian horses, thundering at 30 miles an hour across the desert — anything could happen. We were so glad when those sequences finished."

Premiering Sunday on History, The Bible is a 10-hour, five-part docudrama that covers Genesis through Revelations.

Downey, who co-produced with Burnett, plays Mother Mary alongside Portuguese TV star Diogo Morgado as Jesus.

"It was such a privilege for me," said Downey, who hails from Northern Ireland.

"I have loved Mary my whole life, and the story of the passion of Jesus."

The international cast also includes Sean Teale, David Rintoul, Amber Rose Revah and Simon Kunz.

Emmy-winning actor/vocalist Keith David narrates to a musical score from Grammy-and-Oscar-winning composer Hans Zimmer.

"It's a story that so many books — from Shakespeare (to) Narnia, Lord of the Rings and on a bizarre level, The Matrix — are biblically based (on), because these stories are so good," said the London-born Burnett.

"So we chose a selection of these stories. We can't tell the entire Bible in 10 hours. But the stories are so full of characters that you can just see yourself in."

"Ultimately, these stories are our stories," added Downey. "They're thousands of years old but it's the story of humanity and the struggles they had. And the hopes and the dreams that these people had are the same that we have today."

THE CANADIAN PRESS

Heavy cross

The most challenging part of the six-month shoot in Ouarzazate, Morocco last year was the crucifixion sequence, said Downey. It took three days to shoot on a hillside on the outskirts of town and will air Easter Sunday. "I'm sure we were all emotionally, spiritually and physically exhausted," she says.

Roma Downey plays Mother Mary in the History Channel miniseries The Bible. THE CANADIAN PRESS

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In control of No One In Control

Snowden. Metro talks to Jordan Jeffares about his sound, and a follow up six years in the making

HEIDI PATALANO
scene@metronews.ca

Jordan Jeffares releases his new album after more than six years away from the scene. HANDOUT

Snowden mastermind Jordan Jeffares is emerging after more than six years off the scene with a new album.

After his 2006 release Anti-Anti, which was roundly praised by critics, Jeffares disappeared altogether, because of a conflict with his record label.

Known for introspective, echoing songs, loaded with the prettiest brand of longing and despair this side of The Cure, Snowden is now receiving advance praise for sophomore release, No One In Control, which comes out in May.

Jeffares says he never gave up making music. He just couldn't find a way to put it out.

"If you put it out naked, there's a good chance that no one will ever hear it," he says from his Austin, Texas, home. "It's very hard to get a record out properly anymore. Anyone can release a record — I could've put it out at any time — but without a push behind it, i.e. some finances, it can be hard."

Do you find that the longer you've worked on a song, the better it is?

I hope it is. I have a group of peers that I pass things around to and I'll keep changing things until they smile.

But this new album feels like the follow up to Anti-Anti even though it's been more than six years.

I still think in the same rhythms. I still think in the same way because I work alone. Even though I try really hard just to step outside of my own head, there's only so much I can do and I find myself returning to similar themes over and over again. Even with this much time and this much work on this record, I have strong themes that I'm drawn to, sonically, and that's how the record gets to sounding like it sounds now. That's why it sounds like a follow up, because it really is.

Do you think being in Austin will help you write different kinds of material?

Well, when I got here and I was trying to understand where my head was at as far as my writing goes, I read this Steve Earle quote about Austin. He said, "the weather was great, the women were beautiful and the drugs were too cheap and I wouldn't get anything done in a town like that." It explains why nothing good comes out of beach towns, including L.A., arguably. When life is so good, it's hard to find flux to create new moods. I've been trying to learn how to rethink here, to write without flux in my life.

You've been described as enjoying a sort of cold, snowy ambience in your songwriting. What songs or artists evoke that for you?

I've always been a big fan of The Cure's early to mid career, and of course My Bloody Valentine. I'm a huge Yo La Tengo fan. One of the bands that I'm constantly throwing out to my friends, trying to get them to pick up on is The Clientele. I don't understand how they're not one of the biggest bands in the world.

Mind the App

Sound Uncovered

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

iPhone/Free

Explore the tricks your ears can play on you with this app that rewinds your voice, creates beats in your brain, tests your hearing age and shows how sound influences your purchases.

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Sunday March 3, 2013
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53 Elgin Street, Ottawa
2:00 - 4:00 p.m.
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and let us help plan the wedding of your dreams.
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Scott Weiland ALL PHOTOS GETTY IMAGES

Stone Temple Pilots singer reads of his firing

The rock band Stone Temple Pilots announced this week that they were firing singer Scott Weiland, and no one was more surprised by the news than Weiland himself.

"I learned of my supposed 'termination' from Stone Temple Pilots this morning by reading about it in the press," Weiland says in a statement to E! News. "Not sure how I can be 'terminated' from a band that I founded, fronted and co-wrote many of its biggest hits, but that's something for the lawyers to figure out. In the meantime, I'm looking forward to seeing all of my fans on my solo tour, which starts this Friday."

Kristen Stewart

Stewart rejecting new advances from Sanders

Kristen Stewart has reportedly been dodging advances from her Snow White and the Huntsman director, Rupert Sanders, now that his marriage to Liberty Ross is toast following his and Stewart's cheating scandal last summer, according to Radar Online.

"Rupert's reached out to Kristen, but she doesn't want anything to do with him," a source says. "He texted her a number of times after Liberty filed for divorce, however Kristen didn't respond. In truth, she regrets ever getting involved with Rupert because of how much it hurt Robert (Pattinson) and the amount of public backlash she was subjected to."

British singer looked 'very pleased' leaving Swift's hotel

Taylor Swift may have found another young British singer to keep her company.

Swift was reportedly visited by Ed Sheeran at her hotel during a recent trip to London, according to E! News. The pair "stayed in the room, just the two of them, until around 4 a.m.," a source says, adding that Sheeran looked "very happy" leaving via a car Swift had used the day before. "He looked very pleased with himself," the source says. There may be some history there, though. Another source claims that Swift and Sheeran "briefly dated last spring. He thinks she is really cute and they have a great chemistry together." And they'll have plenty of time together coming up, as Sheeran is set to serve as opening act for Swift's tour starting this month through September.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Would Tina Fey consider hosting next year's Oscars? 'No way'

Don't get your hopes up for Tina Fey to host the Oscars next year, as the 30 Rock star says there's no way she'll take the job.

"I just feel like that gig is so hard," she tells the Huffington Post. "Especially for, like, a woman. The amount of months that would be spent trying on dresses alone — no way."

Fey earned rave reviews for her work co-hosting the Golden Globes in January with pal Amy Poehler, and after Seth MacFarlane's controversy-courting Oscars hosting performance Sunday many naturally looked to Fey as an improvement for next year, but she insists there's no chance. "I wish I could tell you there was," Fey says.

Twitter

@jason_mraz
For me, the days that begin bad always seem to conclude with magical evenings. Thanks weird day!

@ActuallyNPH
The Nat Enq is cray cray. We've never had a wedding date, just engaged (Prop 8 and all). We're on a cruise as I write. He's rad. All good.

@samantharonson
I have now taken every allergy medicine available in the US- still no relief- but if i die tonight, u know why.

@GarryShandling
Maybe the Pope is tired because he stands when he drives.

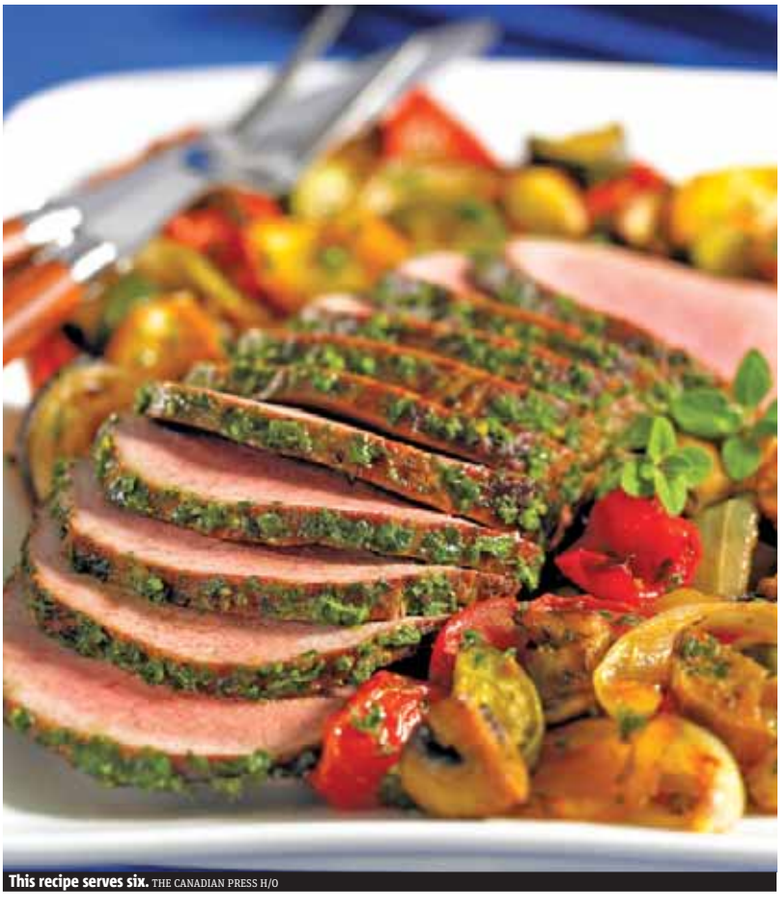
A colourful way to start Nutrition Month

Mediterranean Roasted Beef and Veggies. March is devoted to healthy eating so whip up this delicious meal

When shopping, try to purchase healthy items from the perimeter of the grocery store and supplement with staples from the inner aisles.

Here is an easy and flavourful recipe keeping in mind those principles.

This colourful, nutritious dinner cooks all at once in the oven, making for little preparation or cleanup. Serve it with cooked couscous, quinoa, rice or pasta.



This recipe serves six. THE CANADIAN PRESS H/O

Ingredients

- 6 cloves garlic, peeled
- 3 plum (Roma) tomatoes, cored and quartered
- 1 small Spanish onion, cut into 12 wedges
- 1 baby eggplant, cut into chunks
- 1 each red and yellow bell peppers, cut into chunks
- 250 g (8 oz) zucchini (about 2 small), cut crosswise into 1-cm (1/2-inch) slices
- 125 g (4 oz) mushrooms, quartered
- 60 ml (4 tbsp) basil pesto,
- 10 ml (2 tsp) olive oil
- 1.5 kg (3 lb) boneless beef sirloin tip
- Pinch each salt and pepper
- 15 ml (1 tbsp) balsamic vinegar
- 5 ml (1 tsp) liquid honey

1. Line a rimmed baking sheet with foil and spray lightly with cooking spray.

2. In a large bowl, combine garlic, tomatoes, onion, eggplant, red pepper, yellow pepper, zucchini, mushrooms and 45 ml (3 tbsp) of the pesto; toss to coat. Spread evenly on prepared baking sheet; set aside.

3. In an ovenproof sauté pan or skillet with a rack, heat oil over medium-high heat. Season beef with salt and pepper. Cook beef, turning with tongs, for about 10 minutes or until browned all over. Spread remaining pesto over roast. Place on rack in the same sauté pan.

4. Roast beef and vegetables in a 140 C (275 F) oven for about 1 1/2 hours or until a meat thermometer inserted in the thickest part of the roast registers 60 C (140 F) for medium-rare, or until desired doneness. Transfer roast to a cutting board, tent with foil and let stand for 10 to 15 minutes.

5. Using a rubber spatula, scrape vegetables into a large bowl. Add vinegar and honey; toss to coat.

6. Carve roast across grain into thin slices. Serve with vegetables. **THE CANADIAN PRESS/ COOK! BY DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).**

Liquid Assets

The skinny on wine

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Sorry beer and spirit fans, with its reputation as a heart healthy, food-friendly beverage, wine sits at the top of the booze chain in the debate over which tipple is "best for you."

When it comes to a wine's nutritional value, you've got to think about the alcohol. That's where the calories come from folks, so a higher level means more sit-ups.

My friends at WineFolly.com have become one of the go-to wine blogs with their witty commentary and knack for turning mind-bending vino info into cool graphics. Their latest post is a chart that breaks down a variety of wine styles and lays out the truth about how many calories are in each glass. Wine Folly also takes cartography to a new level with a series of detailed maps to your favourite grape growing countries. They've just added Spain. Check out their website over a glass of Bodegas Piqueras 2008 Castillo de Almansa Reserva ($11.95 - $14.99) from the Albacete region in Spain's southeast.

With its balanced, dark berry fruit and light, woody backbone, you just might forget that at 14 per cent alc./vol. you're drinking between 165-195 calories. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Stir-fry your way to a quick and nutritious dinner

Ingredients

- 250 ml (1 cup) milk
- 45 ml (3 tbsp) cornstarch
- 75 ml (1/3 cup) reduced-sodium soy sauce
- 30 ml (2 tbsp) liquid honey
- 15 ml (1 tbsp) butter, divided
- 500 g (1 lb) boneless skinless chicken, cut in thin strips
- 3 cloves garlic, minced
- 1 each sweet red, yellow and green pepper, cut in thin strips
- 30 ml (2 tbsp) rice vinegar
- Hot pepper sauce, to taste (optional)

1. In bowl, whisk a little milk into cornstarch to make a smooth paste. Whisk in the remaining milk, reduced sodium soy sauce and honey; set aside.

2. Heat wok over high heat. Add half butter; swirl to coat. Add chicken and garlic and stir-fry 3 mins. or until browned; transfer to bowl. Add remaining butter to pan, then peppers. Stir-fry 5 mins. or until tender. Return chicken and any juices to pan. Reduce heat to medium.

This Honey-Garlic Chicken & Sweet Pepper Stir-Fry serves 4. THE CANADIAN PRESS

3. Whisk milk mix and pour into pan. Cook, stirring, 5 minutes or until chicken is no longer pink inside and sauce is thickened. Stir in vinegar and hot pepper sauce, to taste, if using.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA 2013 MILK CALENDAR, MILKCALENDAR.CA.

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.

MIX OF SIX
Samantha Everts
ottawa@metronews.ca

Bust a move with TJR

TJR is currently burning up the pop music charts for the track Don't Stop the Party by American rapper Pitbull. The producer/DJ stops by Mansion nightclub Friday to get the whole dance floor moving after a successful Australian tour and new single Ah Yeah, with Will Sparks ready to be fist-pumped to. facebook.com/IAMTJR.

F*ck I Love You!

Prepare for the spookiest setting to get down to Justin Timberlake, Fleetwood Mac and possibly some Dance Mix '90's songs. Join Mugshots hosts J Fun and DJ Atherton in a night dedicated to exploring all eras and songs about love on the dance floor. It could be love at first beat. Friday. hihostels.ca/mugshots.

Misery loves company

Leaving a trail of laughs behind his dilapidated Magical Misery Tour van, Just for Laughs presents comedian Jeremy Hotz this Saturday night at the NAC. The Canadian-born comic has performed his completely original and confused, but hilarious observational comedy to audiences as far away as Australia. nac-cna.ca.

Yummy bites on Wellington

The culinary corner of Ottawa invites you to judge the best food and drinks along Wellington from Friday to Sunday with their newest festival. Presented by Mill Street Brewery and the Tacolot, three days will be filled with craft beer, yummy bites and live music at each of the participating restaurants. Friday to Sunday. wellingtonend.com.

Punk Rock Cover Night

Up for a night of classic oi and angst-fueled punk music that you know all the words to? Head to Mavericks for the Punk Rock Cover Night featuring the music of The Runaways, Cockspar-rer and David Bowie performed by local bands. Proceeds go toward Aids Committee of Ottawa. Saturday. fwysrecords.com

Barnyard Break

Get a sneak peek at the fun in store for the kids over March break with the Experimental Farm's newest exhibition, Piece of Cake. From the farm to the kitchen, kids will learn basics, even how to make the perfect slice of apple cake. Watch the cows get milked and check out the chickens laying eggs for the ingredients. March 2-17. agriculture.technomuses.ca.

Power
of Trades
Information session:
Tuesday, March 5th – 1PM
Taggart Family Y,
180 Argyle Ave
Spaces are limited,
apply today!
Power of Trades helps immigrant tradespeople start their career in Ontario's Construction, Motive Power, Industrial, and Service Skilled Trades.
T: 613 788-5001 | E: poweroftrades@ymcaywca.ca
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metro

St-Pierre hopes Diaz isn't pulled from UFC title fight

MMA. Canadian at ease with the media, but admits he'd rather spend time training or doing other things

Being trapped in the middle of a media scrum is not Georges St-Pierre's idea of a good time, but the mixed martial arts champion is always glad to do it.

Then again, it only ever seems to be an issue when his opponent is the apparently camera-shy Nick Diaz.

And that's who St-Pierre is set to face when he puts the welterweight championship on the line March 16 at UFC 158 at the Bell Centre.

Diaz reportedly came within a whisker of being pulled from the fight card when he recently failed to show up for three scheduled interviews. While he eventually did attend to his media obligations, it's anyone's guess as to what UFC boss Dana White will do if Diaz is a no-show again at events leading to the fight with St-Pierre.

"I hope they don't take him out because I've trained hard," St-Pierre said Tuesday amidst a thicket of cameras after a public workout at the Tristar gym. "He'll show up.

"It would be inconceivable that he doesn't. He can make some money that will maybe last the rest of his life."

Diaz has been in trouble for missing media events before.

St-Pierre was supposed to fight Diaz at UFC 137 in October 2011, but the Stockton, Calif., native was taken off the card when he skipped some pre-fight promotional events. St-Pierre eventually also pulled out with a knee injury.

St-Pierre is one of his sport's biggest stars and the Quebec native is always in demand for interviews and appearances.

"Seriously, I despise it," he said. "I like you guys (reporters), but I don't like doing this.

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Winning streak

- St-Pierre (23-2), the UFC welterweight champion, will be going for an 11th win in a row.
- He's seeking a second straight win since he ended a 19-month injury layoff with a victory by unanimous decision over Carlos Condit at the Bell Centre in November.

Senators lose hard-fought battle with tough-to-beat Bruins

Ottawa Senators goalie Robin Lehner makes a save as centre Peter Regin keeps Boston Bruins left-winger Daniel Paille away from the puck during the first period Thursday in Boston. The Bruins won 2-1 on a Patrice Bergeron overtime goal. CHARLES KRUPA/THE ASSOCIATED PRESS

NHL

McGrattan traded to Flames

The Nashville Predators have traded former Ottawa Senator forward Brian McGrattan to the Calgary Flames for defenceman Joe Piskula.

The Predators announced the trade Thursday after putting McGrattan on waivers Tuesday.

McGrattan, who agreed to a one-year deal with the Predators last July, had not appeared in a game this season and recently finished a two-week conditioning assignment in the AHL.

THE ASSSOCIATED PRESS

NHL. Former stars wish Howe happy 85th birthday

Gordie Howe wasn't around, but he still brought out the kid again in Bobby Hull.

The Golden Jet was among former NHL stars who came out to fete Howe at a Thursday news conference in advance of his 85th birthday celebration at Friday night's WHL game between the Vancouver Giants and the Lethbridge Hurricanes.

Howe missed the session because his flight was delayed, but his absence did not stop Hull, his brother Dennis, Marcel Dionne and Pat Quinn from reminiscing about the hockey great.

Quoted

"Why would anyone that's a hockey player not want to come to Gordie Howe's 85th birthday? ... I'm honoured to be here."

Dennis Hull

The Hulls, Dionne, Quinn and former Toronto Maple Leafs goalie Johnny Bower will be on hand for the birthday bash at the Pacific Coliseum.

THE CANADIAN PRESS

Orléans
ARE YOU FAST ENOUGH?
OAFA
REGISTRATION
2013
The Orleans Amateur Fastball Association is registering now for the 2013 season. Boys and girls ages 5-18 are welcome regardless of experience. The registration fee includes a team uniform, professional photo, skills event and wrap-up tournament.
In-person registration is February 23rd and March 2nd from 9-3 at Ray Friel Recreational Complex on Tenth Line Rd. On-line registration and more information at www.oafa.org.

4 SPORTS

Red Sox prospect embraces knuckler after Dickey's success

MLB. Elusive pitch gaining popularity again after Blue Jay ace's Cy Young season

Boston Red Sox starting pitcher Steven Wright throws a pitch against the Toronto Blue Jays during Grapefruit League action on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

Boston Red Sox prospect Steven Wright knew he was taking a risk when he converted to a knuckleball pitcher a year and a half ago.

In a league filled with hard-throwing hurlers, mastering a slower, more unpredictable pitch seemed difficult to justify.

But R.A. Dickey's Cy Young-winning season with the 2012 New York Mets has boosted Wright's confidence.

"There was so much uncertainty to it before, but with R.A. doing what he did last year, he solidified the fact that you can be very effective at it, and very consistent with it," Wright said.

The 38-year-old Dickey was 20-6 with New York last year before he was traded in the off-season to the Toronto Blue Jays.

"With the knuckleball you just don't know," Wright said. "It could be great, it could be not great. But last year, R.A. proved that with the knuckleball, he can be just as effective as (Justin) Verlander, (Stephen) Strasburg, and the velocity that comes with those guys."

Tim Wakefield, who spent 17 seasons as a knuckleballer for the Red Sox, agrees that Dickey has been invaluable to the cause.

In Fort Myers, Fla., for three days helping Wright make "minor adjustments", Wakefield stood on the mound with the 28-year-old during Wednesday's bullpen session, monitoring his delivery.

As someone who knows first hand the complexities of the knuckleball, Wakefield is delighted by Dickey's success.

"He validated the knuckleball and made it popular," the retired right-hander said. "There were so few of us that actually threw the pitch for a living — guys like Wilbur Wood, Phil Niekro, Charlie Hough, Tom Candiotti, myself and now R.A. — it's a close-knit fraternity, so I was very proud."

Though the knuckleball brotherhood may be small, Wakefield believes its members have a responsibility to ensure their breed doesn't die out.

By helping Wright this week, Wakefield is doing his part, just as he did for Dickey in 2008 when the then-struggling Seattle Mariner approached him for advice.

"I'm very open when it comes to helping other knuckleballers," Wakefield said. "It's always nice to be able to bounce ideas off somebody that is walking in the shoes that you walked in for so long."

THE CANADIAN PRESS

Quoted

"For a knuckleballer, it was like Christmas. It was exciting for me."

Steven Wright on pitching against R.A. Dickey in spring training on Monday.

Spring training

Jays dump Yankees in Tampa

David Phelps allowed two hits over three scoreless innings Thursday as a New York Yankees' split squad lost 1-0 to the Toronto Blue Jays.

Phelps struck out one and walked one, and has not given up a run in five innings over two starts. He could earn a spot in the rotation to start the season if Phil Hughes remains sidelined by a bulging disk. Hughes is working out in a pool and might resume throwing in a few days.

Brandon Morrow gave up two hits in two shutout innings for Toronto and Andy LaRoche hit a seventh-inning homer off Chase Whitley. THE ASSOCIATED PRESS

Toronto's Jose Bautista watches a pop up on Thursday in Tampa, Fla. THE CANADIAN PRESS

NHL

DiPietro says suicide comments weren't literal

New York Islanders goaltender Rick DiPietro says comments he made about considering suicide in a recent interview were used for effect and were not meant to be taken literally.

Rick DiPietro GETTY IMAGES

The comments came to light Thursday when New York-based sports anchor Kevin Maher tweeted excerpts from an interview with DiPietro about being waived by the Islanders.

According to Maher's Twitter feed, DiPietro said being waived felt like "they ripped my heart out, stabbed it, set it on fire and flushed it down the toilet." Maher followed with a tweet saying DiPietro considered suicide as injuries, ineffective play and fan animosity took its toll.

DiPietro later clarified to ESPN and the New York Post that he wasn't serious about the suicide comment and was attempting to show how his wife has helped him through "a trying last couple of years."

THE CANADIAN PRESS

Cycling. Will Livestrong survive post Armstrong? 'Hell, yes,' says charity prez

Lance Armstrong at a Livestrong event last October. GETTY IMAGES FILE

Leaders of the cancer charity founded by Lance Armstrong said Thursday that the organization will persevere in the wake of the cyclist's admission that he used performance-enhancing drugs.

"I am on safe ground to say that the past year did not go as planned," Livestrong's executive vice-president Andy Miller said at The Livestrong Foundation's annual meeting in Chicago — its first such gathering since Armstrong's troubled departure. "Things happen that we cannot control — cancer has taught us that. What do we do? We adapt."

He added later, "The Livestrong Foundation is not going anywhere."

Livestrong's president, Doug Ulman, echoed that sentiment in prepared remarks for the more than 500 participants.

"Our success has never been based on one person," said Ulman, who was unable to deliver the speech in person because of travel delays. "Will the Livestrong Foundation survive? Yes. Absolutely, yes. Hell, yes."

Armstrong stepped down as chairman of the charity in October, saying he didn't want his association to damage the foundation's ability to raise money and continue its advocacy programs on behalf of people with cancer.

Among the steps the organization is taking to establish a new identity is to change its day of action each year from Oct. 2 — the date in 1996 that Armstrong was diagnosed with cancer — to May 17, the group announced Thursday.

On that day in 2004, the charity launched their trademark yellow Livestrong bands. Since then, 87 million have been sold, Katherine McLane, the group's executive vice-president for communications, said.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	41	14	.745	—
Indiana	36	21	.632	6
New York	34	20	.630	61/2
Atlanta	33	23	.589	81/2
Brooklyn	34	24	.586	81/2
Chicago	32	25	.561	10
Boston	30	27	.526	12
Milwaukee	28	28	.500	131/2
Philadelphia	22	33	.400	19
Toronto	23	35	.397	191/2
Detroit	23	37	.383	201/2
Cleveland	20	38	.345	221/2
Washington	18	38	.321	231/2
Orlando	16	42	.276	261/2
Charlotte	13	44	.228	29

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	14	.763	—
Oklahoma City	42	15	.737	2
L.A. Clippers	41	18	.695	4
Memphis	38	18	.679	51/2
Denver	37	22	.627	8
Golden State	33	25	.569	111/2
Utah	31	27	.534	131/2
Houston	31	28	.525	14
L.A. Lakers	28	30	.483	161/2
Portland	26	31	.456	18
Dallas	25	32	.439	19
Minnesota	20	34	.370	221/2
Phoenix	20	39	.339	25
New Orleans	20	39	.339	25
Sacramento	20	39	.339	25

Note: division leaders ranked in top three positions regardless of winning percentage.

Thursday's results
L.A. Clippers at Indiana
Philadelphia at Chicago
Minnesota at L.A. Lakers

Wednesday's results
Sacramento 125 Orlando 101
Cleveland 103 Toronto 92
Detroit 96 Washington 95
New York 109 Golden State 105
Milwaukee 110 Houston 107
Oklahoma City 119 New Orleans 74
Memphis 90 Dallas 84
Phoenix 105 San Antonio 101 OT
Atlanta 102 Utah 91
Denver 111 Portland 109

Friday, March 1
Houston at Orlando, 7 p.m.
Indiana at Toronto, 7 p.m.
New York at Washington, 7 p.m.
Golden State at Boston, 7:30 p.m.
L.A. Clippers at Cleveland, 7:30 p.m.
Dallas at Brooklyn, 8 p.m.
Memphis at Miami, 8 p.m.
Detroit at New Orleans, 8 p.m.
Sacramento at San Antonio, 8:30 p.m.
Charlotte at Utah, 9 p.m.
Atlanta at Phoenix, 9 p.m.
Oklahoma City at Denver, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	20	13	7	0	69	54	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	22	10	11	1	64	67	21
NY Rangers	18	8	8	2	44	48	18
NY Islanders	20	8	11	1	57	68	17

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	20	13	4	3	58	43	29
Boston	16	12	2	2	49	35	26
Ottawa	20	12	6	2	48	37	26
Toronto	21	12	9	0	59	51	24
Buffalo	20	7	12	1	50	64	15

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	18	9	8	1	50	54	19
Tampa Bay	19	9	9	1	70	60	19
Winnipeg	19	9	9	1	52	60	19
Florida	19	6	9	4	48	69	16
Washington	19	7	11	1	52	59	15

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	19	16	0	3	61	37	35
Nashville	21	9	7	5	45	52	23
St. Louis	18	10	6	2	55	52	22
Detroit	20	9	8	3	58	56	21
Columbus	20	5	12	3	44	61	13

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	19	10	5	4	54	52	24
Minnesota	18	9	7	2	39	43	20
Calgary	18	7	7	4	49	61	18
Edmonton	18	7	7	4	42	49	18
Colorado	18	7	8	3	44	54	17

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	18	14	3	1	64	48	29
Los Angeles	18	10	6	2	47	42	22
Dallas	20	10	8	2	56	57	22
San Jose	18	9	6	3	44	41	21
Phoenix	19	9	7	3	54	51	21

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Thursday's results
Tampa Bay at NY Rangers
Toronto at NY Islanders
Pittsburgh at Carolina
Ottawa at Boston
Buffalo at Florida
New Jersey at Winnipeg
Chicago at St. Louis
Edmonton at Dallas
Minnesota at Phoenix
Calgary at Colorado
Detroit at San Jose

Wednesday's results
Philadelphia 4 Washington 1
Montreal 5 Toronto 2
Los Angeles 2 Detroit 1
Anaheim 5 Nashville 1

Friday's games

All Times Eastern
Edmonton at St. Louis, 8 p.m.
Columbus at Chicago, 8:30 p.m.
Minnesota at Anaheim, 10 p.m.

Saturday's games
Ottawa at Philadelphia, 12 p.m.
Tampa Bay at Boston, 1 p.m.
New Jersey at Buffalo, 3 p.m.
Washington at Winnipeg, 3 p.m.
Pittsburgh at Montreal, 7 p.m.
Florida at Carolina, 7 p.m.
Anaheim at Phoenix, 8 p.m.
Los Angeles at Vancouver, 10 p.m.
Nashville at San Jose, 10:30 p.m.

LATE WEDNESDAY

CANADIENS 5, MAPLE LEAFS 2

First Period
1. Toronto, McLaren 2 (Brown, McClement) 13:44
2. Montreal, Emelin 1 (Armstrong, Moen) 16:56

Penalties — Brown Tor (Game Misconduct) 19:22, Brown Tor (Check from Behind Major) 19:22.

Second Period
3. Montreal, Pacioretty 5 (Subban, Markov) 4:17 (pp)
4. Toronto, Macarthur 5 (Kadri, Franson) 15:47

Penalties — Emelin Mon (Interference) 19:47.

Third Period
5. Montreal, Gallagher 6 (Gorges, Desharnais) 9:08
6. Montreal, Pacioretty 6 (Desharnais) 14:26
7. Montreal, Gionta 4 (Unassisted) 17:34

Penalties — None.

Shots

Montreal	**11**	**17**	**12—40**
Toronto	**4**	**8**	**11—23**

Goal — Montreal: Price (W, 11-3-2). Toronto: Scrivens (L, 6-6-0).
Power plays (goal-chances) — Montreal: 1-2. Toronto: 0-1.
Referees — Dennis LaRue, Tom Kowal.
Linesmen — Scott Driscoll, Jean Morin.
Attendance — 19,625 (Air Canada Centre).

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
You are going through rather an intense phase at the moment and it's putting a strain on your body, mind and emotions. Take a break. What you are searching for will be found the moment you stop looking for it.

Taurus
April 21 - May 21
Don't hesitate today or you may lose momentum and give your rivals a chance to catch up. All's fair in love, war and business and if you make sure you are first, the rewards are sure to follow.

Gemini
May 22 - June 21
Listen to your instincts and act on what they tell you. If you have one brilliant idea today you will probably have a dozen or more, so you need to be selective. What is the most realistic option? Go for it.

Cancer
June 22 - July 23
Cut through all the confusion and get to the root of a problem that has been causing you a lot of sleepless nights. All you have to do is stick to the facts and avoid making value judgments. Sounds easy, doesn't it?

Leo
July 24 - Aug. 23
How often have you been told not to act in haste? Too many, no doubt, but today you are invited to act as quickly as you like. In fact, the quicker the better. You simply can't put a foot wrong now.

Virgo
Aug. 24 - Sept. 23
You may be practical by nature but you have flashes of inspiration like everyone else and you should listen to what your inner voice tells you today. One good idea, in particular, could be a money spinner.

Libra
Sept. 24 - Oct. 23
Important things will only get done today if you step up to the plate and take charge. Inevitably, some people will complain but you don't have time to argue: they either do as they are told or get left behind.

Scorpio
Oct. 24 - Nov. 22
Do you get the feeling that someone is trying to annoy you for the fun of it? Whether or not it is true, you are advised not to lose your temper with them. Really, it's just not worth the hassle.

Sagittarius
Nov. 23 - Dec. 21
Try to arrange things so that you don't do any real work at all. Put yourself forward as team leader. Take a supervising role. While others are working their fingers to the bone, you'll be getting the praise!

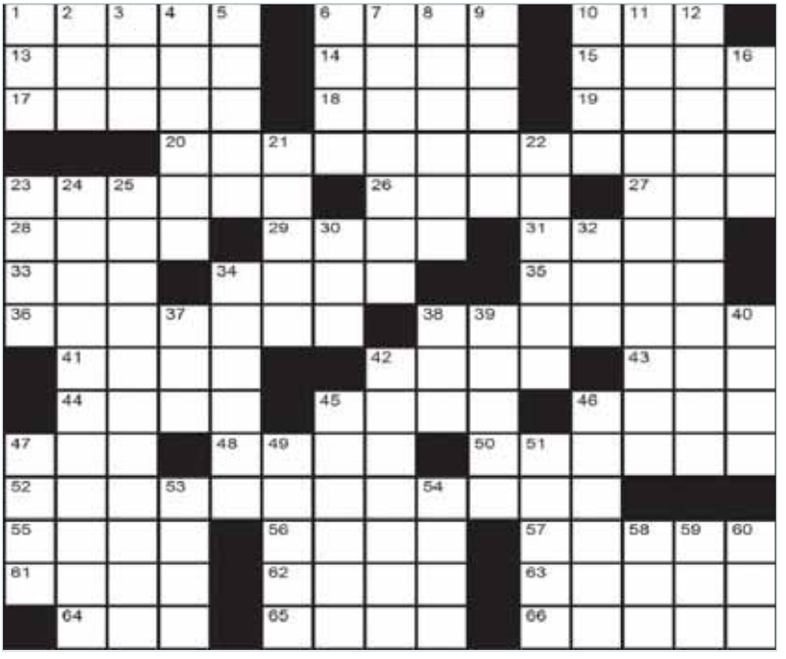
Capricorn
Dec. 22 - Jan. 20
If someone offers you an apology today, you must accept it. No matter what it is that caused your falling out, it's obvious that they don't hold a grudge. So, there is no reason why you should either.

Aquarius
Jan. 21 - Feb. 19
You will be in inspired form today. You will come up with ideas that others simply don't have the insight or intelligence to think of. But remember that good ideas are like manure — they work best when spread around.

Pisces
Feb. 20 - March 20
It may seem as if someone has let you down or, worse, betrayed a secret about you, but don't get on your high horse just yet. It could be there's another side to this story. Stay calm and find out what it is. SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



Across
1. Zeppelin's "Whole __ Love"
6. Speed of sound, __ 1
10. "Eeew."
13. Christina Aguilera's "_ __ to You"
14. Tooth complaint
15. Mr. LaBeouf
17. Commenced
18. Helen of __
19. Criminal escapes
20. Bit of Leonard Cohen's "Hallelujah": "Love is not a __ __ / It's a cold and it's a broken..."
23. Legendary lady of Coventry
26. Mr. Bridges, Jeff's actor brother
27. Assemble the bricks
28. Car rental company
29. Mardi __
31. Come across as
33. Guitar master Mr. Paul
34. Plane reservation
35. Short-term worker, shortly
36. "Happy Days" diner
38. Spice Girls smash
41. Cowardly Lion's alter ego in Kansas
42. Extinct bird
43. Not specialized [abbr.]
44. Looked
45. __ fide
46. Exclusively
47. __ the Record Man
48. Compass/ruler set, for short
50. Ms. Anderson
52. Shakespeare's place-for-plays: 2 wds.
55. 'Slithy' Lewis Carroll creature
56. Prefix with 'are' (Land measure)
57. Shrek, and others
61. Je __, Tu es, Il est...
62. "___ my wit's end!"
63. Molten rock
64. __ builder (Stage gig)
65. Particle physics lab near Geneva
66. Actor, Sean __

Down
1. Ad-__ (Off-the-cuff)
2. 'Rem' ender (TV clicker)
3. __-of-war
4. Country singer Randy
5. Couple's yrly. celebration
6. Toronto jazz singer Mr. Dusk
7. Circus performer
8. Tasks
9. OutKast hit!: 2 wds.
10. Filmdom's Ms. Fisher
11. Celine Dion's birthplace in Quebec
12. 19th Prime Minister, in 1993: 2 wds.
16. Like fireplace residue
21. Like pet store birds
22. "I __ __ longer..." (Habit-quitter's pledge)
23. Grand event
24. Fanatical
25. 1955's "Lady and the Tramp", for one: 2 wds.
30. Univ. dorm supervisors
32. 'Eight' ender
34. "We Are Family" by Sister __
37. 'Rev' add-on (Take back)
38. Came through
39. Conform
40. "Orinoco Flow (Sail Away)" singer
42. Glassed-enclosed VIA Rail spot: 2 wds.
45. Puccini opera, La __
46. Beginnings, Alphas ...Conclusions, __
47. Li'l drill instructors
49. Moral principle
51. Fragrance
53. Most proficient
54. Office memo abbr.
58. Mil. unit
59. Poet Ms. Dickinson, to pals
60. __ Francisco

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9				7		3	6	8
					6			7
		2		1	8	5		
8				5	1	4		
		7	4	2				3
		5	1	9		6		
4			2					
3	7	1		8				5

Yesterday's Sudoku

1	4	7	3	9	6	5	8	2
8	9	5	1	2	7	3	6	4
2	3	6	8	5	4	1	7	9
5	6	3	4	8	2	7	9	1
4	2	9	5	7	1	6	3	8
7	8	1	6	3	9	4	2	5
3	1	4	2	6	8	9	5	7
6	7	2	9	4	5	8	1	3
9	5	8	7	1	3	2	4	6

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